

Nutty Goat Cheese Bites

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 crusty baguette french cut into 1/2 inch slices
- 8 ounce goat cheese
- 0.5 cup pecans finely chopped
- 12 grapes red seedless halved

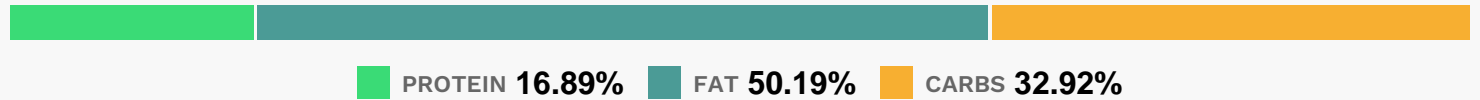
Equipment

- bowl

Directions

- Pour chopped nuts into a bowl, and set aside.
- Spread each bread slice with approximately 1 tablespoon goat cheese. Dip into the pecans to thoroughly coat the cheese. Arrange on a plate, and push a grape half into the top of the cheese on each slice.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:2.4539130537406%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 69.34kcal (3.47%), Fat: 3.92g (6.02%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.32g (1.93%), Sugar: 1.05g (1.17%), Cholesterol: 4.35mg (1.45%), Sodium: 99.2mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Manganese: 0.16mg (8.09%), Copper: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.6%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 40.88mg (4.09%), Iron: 0.61mg (3.36%), Folate: 12.83µg (3.21%), Selenium: 2.15µg (3.06%), Vitamin B3: 0.54mg (2.72%), Calcium: 26.01mg (2.6%), Vitamin B6: 0.04mg (2.07%), Vitamin A: 100.54IU (2.01%), Fiber: 0.46g (1.84%), Zinc: 0.27mg (1.83%), Magnesium: 7.14mg (1.79%), Vitamin B5: 0.12mg (1.24%)