



Pastis-marinated Chèvre



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

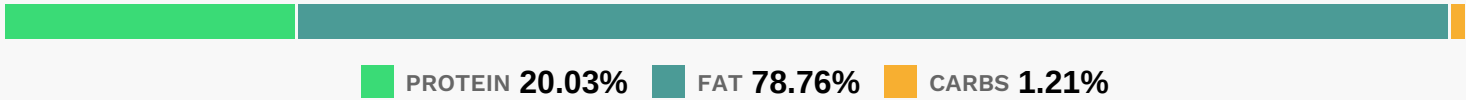
- ☐ 10 oz log chèvre cheese fresh (goat)
- ☐ 5 teaspoons herbs de provence
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 2 tablespoons pastis
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Equipment

Directions

- ☐ Cut 1 log (10 oz.) fresh chvre (goat) cheese crosswise into 1/2-inch-thick slices. Fit slices into a 2-cup jar with an airtight lid.
- ☐ Add 5 teaspoons herbes de provence (or 1 teaspoon each fennel seed and dried basil, rosemary, sage, and thyme), 2 tablespoons pastis, and 3/4 cup extra-virgin olive oil. Close jar tightly and tilt to mix herbs and oil. Chill at least 24 hours or up to 1 month (oil thickens when chilled but liquefies at room temperature).
- ☐ Bring to room temperature to serve.
- ☐ Spread cheese and a little oil onto toasted bread or crackers. Save leftover oil for salad dressings.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.5260869446008%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 174.77kcal (8.74%), Fat: 15.42g (23.73%), Saturated Fat: 7.65g (47.84%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.43g (0.48%), Cholesterol: 21.73mg (7.24%), Sodium: 174.44mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.65%), Copper: 0.35mg (17.65%), Vitamin K: 18.39µg (17.51%), Phosphorus: 122.63mg (12.26%), Iron: 1.96mg (10.88%), Vitamin B2: 0.18mg (10.76%), Vitamin A: 519.75IU (10.4%), Calcium: 81.95mg (8.2%), Vitamin E: 0.93mg (6.17%), Vitamin B6: 0.12mg (6.14%), Manganese: 0.11mg (5.64%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.32mg (3.21%), Vitamin B1: 0.04mg (2.49%), Magnesium: 9.39mg (2.35%), Folate: 7.95µg (1.99%), Selenium: 1.36µg (1.94%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.19µg (1.26%), Fiber: 0.31g (1.23%), Vitamin B3: 0.24mg (1.22%)