



Peach and Pecan Tapenade with Goat Cheese

READY IN



17 min.

SERVINGS



8

CALORIES



467 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon capers drained
- 8 servings round buttery crackers
- 2 cups peaches (dried with sunmaid) chopped
- 0.5 teaspoon thyme dried
- 12 ounces goat cheese
- 2 tablespoons honey
- 1 cup kalamata olives pitted chopped
- 2 tablespoons olive oil
- 1 cup orange juice

- 1 cup pecans toasted chopped
- 0.3 teaspoon pepper freshly ground

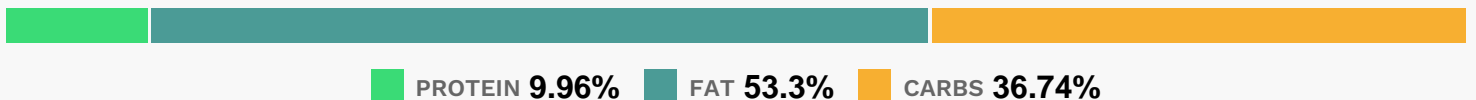
Equipment

- bowl
- sauce pan

Directions

- Bring orange juice to a boil in a small saucepan over medium heat.
- Remove from heat, and add chopped dried peaches. Cover and let stand 30 minutes.
- Drain, if necessary.
- Combine olives and next 5 ingredients in a serving bowl. Stir in peaches and pecans.
- Place tapenade on a serving platter with goat cheese and crackers.
- Spread cheese on crackers, and smear with tapenade.
- Make Ahead: Prepare tapenade, omitting nuts. Cover and store in refrigerator up to 2 days. Stir in nuts just before serving.

Nutrition Facts



Properties

Glycemic Index:18.28, Glycemic Load:3.97, Inflammation Score:-8, Nutrition Score:15.588695754176%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 466.61kcal (23.33%), Fat: 28.95g (44.54%), Saturated Fat: 8.78g (54.89%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 39.25g (14.27%), Sugar: 25.91g (28.79%), Cholesterol: 19.56mg (6.52%), Sodium: 591.99mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.34%), Manganese: 0.89mg (44.31%), Copper: 0.68mg (34.06%), Vitamin A: 1444.52IU (28.89%), Phosphorus: 244.36mg (24.44%), Fiber: 5.66g (22.63%), Vitamin C: 17.67mg (21.42%), Iron: 3.78mg (20.99%), Vitamin B2: 0.32mg (18.87%), Vitamin K: 19.32µg (18.4%), Potassium: 557.95mg (15.94%), Vitamin B3: 3.06mg (15.28%), Vitamin B1: 0.22mg (14.88%), Vitamin E: 2.08mg (13.83%), Magnesium: 49.08mg (12.27%), Calcium: 119.3mg (11.93%), Vitamin B6: 0.19mg (9.55%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.76mg (7.59%), Folate: 29.94µg (7.49%), Selenium: 2.89µg (4.12%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)