



Pecan and Goat Cheese Marbles

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



50

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon coriander seeds with side of a large knife, then chopped crushed
- ☐ 50 flat parsley
- ☐ 11 ounces goat cheese soft
- ☐ 0.3 pound pecans
- ☐ 1 teaspoon rosemary minced
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon butter unsalted melted

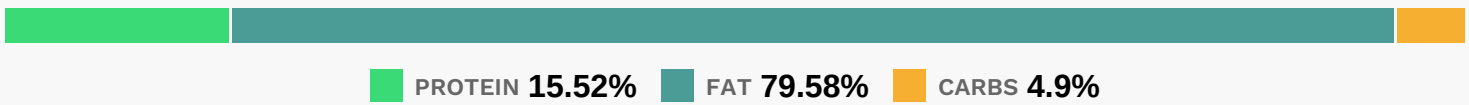
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F with rack in upper third.
- ☐ Toss pecans with butter, sugar, and 1/2 teaspoon salt, then toast in a 4-sided sheet pan until fragrant and a shade darker, 8 to 10 minutes.
- ☐ Transfer to a plate and cool completely.
- ☐ Pulse pecans in a food processor just until finely chopped, then transfer to a wide shallow bowl.
- ☐ Stir together goat cheese, rosemary, coriander, and 1/2 teaspoon pepper until combined well. Form teaspoons of cheese mixture into marbles between your palms, then roll in pecans to coat and roll between your palms again briefly.
- ☐ Transfer to a plate.
- ☐ Put a parsley leaf under each cheese marble and spear together with a wooden pick.
- ☐ •Cheese marbles can be made and coated with pecans 1 day ahead and chilled. •Cheese marbles can be speared with parsley 1 hour ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.9782608585513%

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 Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 34.78kcal (1.74%), Fat: 3.19g (4.91%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.19g (0.22%), Cholesterol: 3.47mg (1.16%), Sodium: 23.56mg (1.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin K: 16.61µg (15.82%), Manganese: 0.11mg (5.54%), Copper: 0.07mg (3.74%), Vitamin A: 157IU (3.14%), Phosphorus: 23.06mg (2.31%), Vitamin C: 1.36mg (1.65%), Vitamin B2: 0.03mg (1.64%), Iron: 0.25mg (1.36%), Vitamin B1: 0.02mg (1.35%), Calcium: 12.08mg (1.21%), Zinc: 0.17mg (1.15%), Magnesium: 4.38mg (1.1%), Fiber: 0.27g (1.07%), Vitamin B6: 0.02mg (1.06%)