



Pepper-Glazed Goat Cheese Gratin

READY IN



20 min.

SERVINGS



20

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons apricot preserves
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 teaspoons cooking sherry dry
- ☐ 1 pound creamy goat cheese fresh softened
- ☐ 1 pickled jalapeño seeded finely chopped
- ☐ 2 tablespoons cocktail onions minced
- ☐ 4 peppadew peppers finely chopped
- ☐ 1 slices pita chips and baguette toasted for serving

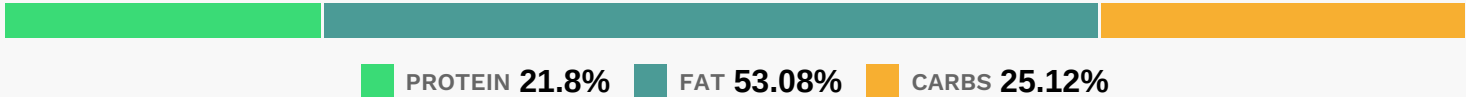
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the oven to 40
- ☐ Spread the goat cheese in a 5-by-8-inch gratin dish in an even layer. In a small bowl, whisk the preserves with the Peppadews, jalapeo, onions, mustard and sherry.
- ☐ Spread the mixture over the goat cheese and bake on the top rack of the oven for about 5 minutes, until warm. Turn on the broiler and broil for about 2 minutes, until the topping is bubbling and lightly browned at the edges.
- ☐ Serve hot, with pita chips and toasted baguette slices.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:3.8295651985251%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 80.6kcal (4.03%), Fat: 4.86g (7.48%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.7g (1.71%), Sugar: 3.46g (3.85%), Cholesterol: 10.43mg (3.48%), Sodium: 92.58mg (4.03%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 4.49g (8.98%), Vitamin C: 20.57mg (24.93%), Copper: 0.19mg (9.44%), Vitamin A: 342.56IU (6.85%), Phosphorus: 64.14mg (6.41%), Vitamin B6: 0.12mg (5.8%), Vitamin B2:

0.1mg (5.62%), Calcium: 36mg (3.6%), Iron: 0.56mg (3.09%), Manganese: 0.06mg (2.95%), Vitamin K: 2.31µg (2.2%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.48g (1.93%), Vitamin B5: 0.18mg (1.84%), Magnesium: 6.75mg (1.69%), Zinc: 0.25mg (1.67%), Potassium: 56.44mg (1.61%), Folate: 5.65µg (1.41%), Selenium: 0.95µg (1.36%), Vitamin B3: 0.23mg (1.15%), Vitamin E: 0.17mg (1.11%)