



Pesto Goat Cheese

READY IN



45 min.

SERVINGS



3

CALORIES



758 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 7 ounce basil pesto sauce drained
- ☐ 3 servings round buttery crackers assorted
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 6 ounce logs goat cheese softened
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 ounce thyme sprigs fresh

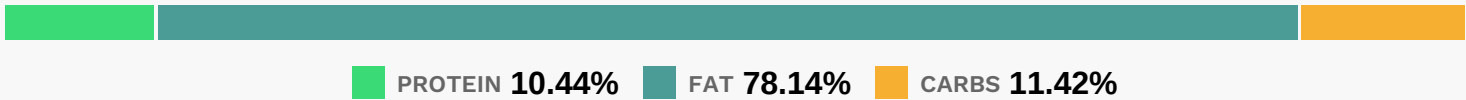
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Stir together first 5 ingredients until well blended.
- ☐ Remove 1/4 cup mixture, and wrap in plastic wrap; chill. Press remaining cheese mixture into a 6-cup or 5-liter plastic wrap-lined bowl. Cover and chill 2 hours.
- ☐ Remove plastic wrap from chilled 1/4 cup cheese mixture. Shape heaping teaspoonfuls of cheese mixture into eggs. Chill until ready to serve.
- ☐ Unmold cheese mixture; remove plastic wrap, and place on a serving platter. Press a 2-inch indentation into center of cheese mold. Press thyme sprigs around top edge and sides of mold to resemble a nest. Arrange eggs in center of nest.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:15.799999999378%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 3.05mg, Apigenin: 3.05mg, Apigenin: 3.05mg, Apigenin: 3.05mg Luteolin: 3.22mg, Luteolin: 3.22mg, Luteolin: 3.22mg, Luteolin: 3.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 757.74kcal (37.89%), Fat: 66.29g (101.98%), Saturated Fat: 28.68g (179.23%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 19.31g (7.02%), Sugar: 6.9g (7.67%), Cholesterol: 107.73mg (35.91%), Sodium: 1207.08mg (52.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.87%), Vitamin A: 3383.9IU (67.68%), Calcium: 314.69mg (31.47%), Vitamin K: 32.47µg (30.93%), Phosphorus: 278.41mg (27.84%), Vitamin B2: 0.47mg (27.48%), Copper: 0.49mg (24.53%), Iron: 3.58mg (19.9%), Vitamin C: 15.06mg (18.25%), Manganese: 0.28mg (13.8%), Selenium: 8.83µg (12.62%), Vitamin B6: 0.22mg (11.09%), Fiber: 2.48g (9.91%), Vitamin B5: 0.92mg

(9.17%), Vitamin B1: 0.13mg (8.9%), Vitamin E: 1.33mg (8.85%), Folate: 31.34µg (7.84%), Magnesium: 31.22mg (7.81%), Zinc: 1.14mg (7.62%), Vitamin B3: 1.24mg (6.22%), Potassium: 189.27mg (5.41%), Vitamin B12: 0.27µg (4.57%), Vitamin D: 0.23µg (1.51%)