



Pesto-Goat Cheese Cups

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



194 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup basil pesto prepared
- 4 ounce goat cheese log crumbled
- 6 servings garnishes: tomato and pine nuts toasted finely chopped
- 1.4 ounce pastry shells crispy

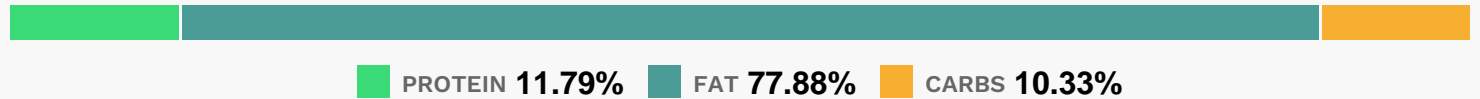
Equipment

- frying pan
- oven

Directions

- Place shells in a shallow pan. Divide goat cheese evenly between shells, pressing gently to fill bottom of each. Spoon 1 teaspoon basil pesto into each shell.
- Bake at 350 for 4 to 5 minutes or until thoroughly heated.
- Garnish, if desired.
- Note: For testing purposes only, we used Siljans Croustades Crispy Shells.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:6.4500000000648%

Nutrients (% of daily need)

Calories: 193.63kcal (9.68%), Fat: 17.17g (26.41%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.49g (1.63%), Sugar: 0.91g (1.01%), Cholesterol: 9.52mg (3.17%), Sodium: 182.84mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Manganese: 0.93mg (46.57%), Copper: 0.28mg (13.89%), Phosphorus: 109.85mg (10.99%), Vitamin A: 406.52IU (8.13%), Magnesium: 29.18mg (7.3%), Vitamin E: 1mg (6.68%), Vitamin B2: 0.11mg (6.66%), Vitamin K: 6.8µg (6.47%), Iron: 1.14mg (6.34%), Zinc: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.06%), Calcium: 45.36mg (4.54%), Vitamin B3: 0.8mg (3.98%), Selenium: 2.2µg (3.14%), Vitamin B6: 0.06mg (2.9%), Folate: 10.83µg (2.71%), Fiber: 0.63g (2.54%), Potassium: 68.65mg (1.96%), Vitamin B5: 0.16mg (1.6%)