



Pesto-Goat Cheese Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



708 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons balsamic vinegar
- 8 ounce cream cheese softened
- 2 cups basil leaves fresh loosely packed
- 3 garlic cloves
- 11 ounce log goat cheese
- 0.5 cup pinenuts toasted

Equipment

- food processor

- frying pan
- wax paper
- chopsticks

Directions

- Process all ingredients in a food processor until smooth. Chill 2 hours before serving. Store in refrigerator up to 1 week, or freeze in airtight containers up to 4 months.
- Serve with toasted pita chips or sliced baguettes.
- Pan-Fried Pesto-Goat Cheese
- Spread: Shape cheese mixture into logs, and wrap in wax paper; slice chilled logs into 1/2-inch rounds. Dip rounds in lightly beaten egg; dredge in Italian breadcrumbs. Pan-fry over medium-high heat in a little butter 1 minute on each side or until golden, and serve warm over a crisp, green salad.

Nutrition Facts

PROTEIN 15.34% **FAT 78.93%** **CARBS 5.73%**

Properties

Glycemic Index:59, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:25.903043435967%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 707.98kcal (35.4%), Fat: 63.43g (97.58%), Saturated Fat: 31.53g (197.08%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.2g (3.35%), Sugar: 6.25g (6.94%), Cholesterol: 124.17mg (41.39%), Sodium: 623.96mg (27.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Manganese: 2.34mg (117.03%), Vitamin K: 82.04µg (78.13%), Vitamin A: 2939.87IU (58.8%), Copper: 1.14mg (57.24%), Phosphorus: 491.95mg (49.19%), Vitamin B2: 0.64mg (37.38%), Calcium: 259.09mg (25.91%), Magnesium: 92.18mg (23.05%), Iron: 3.94mg (21.87%), Vitamin E: 3.07mg (20.45%), Zinc: 2.96mg (19.72%), Vitamin B6: 0.39mg (19.27%), Selenium: 10.04µg (14.35%), Vitamin B5: 1.26mg (12.6%), Vitamin B1: 0.18mg (12.23%), Potassium: 332.32mg (9.49%), Folate: 37.9µg (9.47%), Vitamin B3: 1.67mg (8.34%), Vitamin B12: 0.36µg (6.06%), Vitamin C: 4mg (4.84%), Fiber: 1.15g (4.61%), Vitamin D: 0.42µg (2.77%)