



Radish Wreath with Whipped Cumin Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



7 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces goat cheese
- ☐ 0.3 teaspoon ground cumin
- ☐ 24 radishes with leaves 2 large bunches
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon water

Equipment

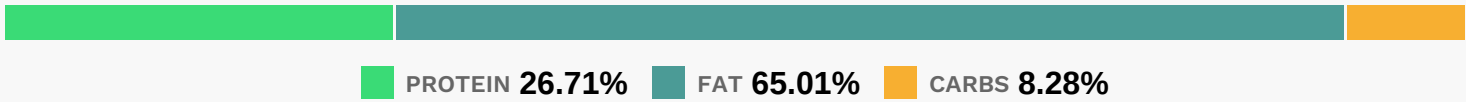
- ☐ bowl

☐ spatula

Directions

- ☐ Remove leaves from radishes, leaving 1 inch of stem; scrub with a brush. Wash and drain leaves; arrange leaves in a circle on a platter.
- ☐ Cut radishes in half lengthwise.
- ☐ Combine cheese, water, salt, and cumin in a small bowl; stir with a rubber spatula until smooth.
- ☐ Spread cheese mixture evenly over cut sides of radishes. Arrange radishes on leaves.

Nutrition Facts



Properties

Glycemic Index:1.54, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.31652173926325%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 6.95kcal (0.35%), Fat: 0.51g (0.78%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0.1g (0.11%), Cholesterol: 1.09mg (0.36%), Sodium: 34.52mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%)