



Roasted Red Bell Pepper and Goat Cheese Bites

READY IN



40 min.

SERVINGS



32

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 5 oz goat cheese
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 32 servings oregano fresh
- ☐ 2.5 teaspoons oregano fresh finely chopped
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 0.7 cup roasted peppers red dry with paper towel and cut into 1/2-inch pieces drained (from 15-oz jar)

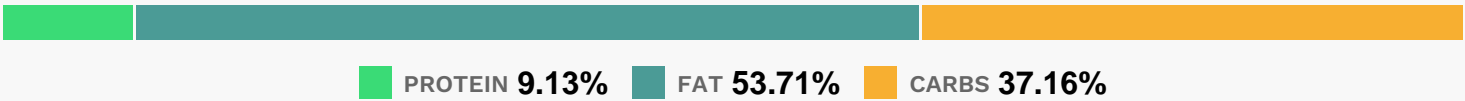
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 400F. Line 2 large cookie sheets with cooking parchment paper. On floured work surface, unroll pie crust. Using 1 3/4-inch round cookie or canap cutter, cut out 32 rounds; place about 1/2 inch apart on cookie sheets.
- ☐ Spread about 1 teaspoon goat cheese on each dough round.
- ☐ Bake 10 to 12 minutes or until edges are light golden brown.
- ☐ Meanwhile, in medium bowl, stir together chopped roasted peppers, finely chopped oregano, oil and garlic powder until well blended.
- ☐ Immediately top each baked cheese-topped round with 1 teaspoon red pepper mixture; place on serving platter.
- ☐ Garnish each with oregano leaf.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:0.47, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:2.3243478280695%

Nutrients (% of daily need)

Calories: 74.7kcal (3.73%), Fat: 4.5g (6.92%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.16g (2.24%), Sugar: 0.09g (0.1%), Cholesterol: 2.04mg (0.68%), Sodium: 107.66mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 8.33µg (7.93%), Manganese: 0.12mg (6.11%), Iron: 0.86mg (4.78%), Fiber: 0.84g (3.36%), Folate: 12.5µg (3.12%), Calcium: 28.26mg (2.83%), Vitamin B1: 0.04mg (2.69%), Vitamin B2: 0.05mg (2.65%), Copper: 0.05mg (2.65%), Phosphorus: 22.73mg (2.27%), Vitamin B3:

0.43mg (2.13%), Vitamin E: 0.31mg (2.09%), Vitamin B6: 0.04mg (1.75%), Vitamin C: 1.38mg (1.68%), Vitamin A: 80.72IU (1.61%), Magnesium: 6.04mg (1.51%), Selenium: 0.9µg (1.29%)