



Sorrel-Wrapped Goat Cheese and Beet Stacks



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



60

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 medium beets (red yellow with greens), trimmed, leaving 1 inch of stems attached
- ☐ 3 inch logs mild goat cheese (plain fresh chilled (herbed or ; 8 ounces total)
- ☐ 0.3 cup olive oil (extra-virgin)
- ☐ 30 sorrel leaves (fresh halved lengthwise (4 by 2 inches)

Equipment

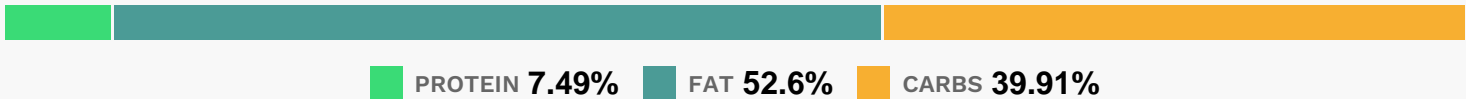
- ☐ paper towels
- ☐ oven
- ☐ knife

- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 425°F.
- ☐ Wrap beets in foil in 2 packages (3 per package) and roast in middle of oven until tender, 1 1/4 to 1 1/2 hours. When cool enough to handle, peel beets and cut off stems and root ends. Halve beets crosswise and arrange, cut sides down, on a work surface.
- ☐ Cut out a cylinder from each half with cookie cutter. Halve each cylinder lengthwise, then cut crosswise into generous 1/4-inch-thick slices.
- ☐ Line a tray with plastic wrap and brush plastic wrap with some oil.
- ☐ Cut cheese logs crosswise into 1/4-inch-thick slices with an oiled knife, then halve slices. Arrange cheese slices in 1 layer on tray and brush with some oil, then top each with a slice of beet.
- ☐ Arrange sorrel leaf halves, veined sides up, on work surface. Put a cheese and beet stack in middle of each leaf half, then wrap sorrel over stack and secure with a pick.
- ☐ ·Beets can be roasted and sliced 2 days ahead and chilled in a sealed plastic bag.·Cheese and beet stacks (without sorrel) can be assembled 1 day ahead and chilled on tray, covered with plastic wrap.·Sorrel leaves can be trimmed 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels.·Hors d'oeuvres can be assembled 4 hours ahead and chilled, loosely covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:0.88826087505921%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 15.72kcal (0.79%), Fat: 0.96g (1.48%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.16g (0.42%), Sugar: 1.15g (1.28%), Cholesterol: 0.06mg (0.02%), Sodium: 13.77mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Folate: 19.3µg (4.82%), Manganese: 0.06mg (2.8%), Fiber: 0.48g (1.92%), Potassium: 55.29mg (1.58%), Vitamin C: 1.07mg (1.3%), Magnesium: 4.45mg (1.11%)