



Sweet-'n'-Salty Honey Cheese Spread

READY IN



10 min.

SERVINGS



10

CALORIES



256 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 10 servings round buttery crackers assorted
- 10.5 oz goat cheese
- 0.3 cup honey
- 10 servings mint leaves fresh
- 1 pt raspberries fresh
- 0.5 cup sunflower seeds salted

Equipment

Directions

- Press or roll goat cheese log in sunflower seeds, thoroughly covering cheese, including ends. Arrange cheese on a serving platter with any remaining sunflower seeds.
- Drizzle with honey.
- Sprinkle with berries.
- Garnish, if desired.
- Serve immediately with assorted crackers.

Nutrition Facts

PROTEIN 13.14% **FAT 46.72%** **CARBS 40.14%**

Properties

Glycemic Index:9.83, Glycemic Load:5.67, Inflammation Score:-5, Nutrition Score:10.947391261225%

Flavonoids

Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 256.09kcal (12.8%), Fat: 13.75g (21.16%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 22.47g (8.17%), Sugar: 13.11g (14.57%), Cholesterol: 13.69mg (4.56%), Sodium: 252.5mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Manganese: 0.58mg (29.23%), Vitamin E: 3.38mg (22.53%), Copper: 0.41mg (20.41%), Phosphorus: 179.01mg (17.9%), Fiber: 4.12g (16.49%), Vitamin C: 12.87mg (15.59%), Vitamin B1: 0.21mg (13.78%), Vitamin B2: 0.2mg (12.01%), Vitamin K: 12.23µg (11.64%), Iron: 2.06mg

(11.43%), Folate: 41.6µg (10.4%), Magnesium: 41.01mg (10.25%), Vitamin B6: 0.2mg (10.21%), Vitamin B3: 1.78mg (8.9%), Calcium: 86.48mg (8.65%), Selenium: 5.31µg (7.58%), Vitamin A: 368.94IU (7.38%), Zinc: 0.94mg (6.27%), Vitamin B5: 0.5mg (5.04%), Potassium: 153.01mg (4.37%)