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Cherry Tomatoes with Goat Cheese

Cherry Tomatoes with Goat Cheese is a delicious appetizer that combines the sweetness of cherry tomatoes with the creamy tanginess of goat cheese. It is a perfect dish for parties and gatherings.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g Cherry Tomatoes

100 g goat cheese

Directions

Step 1

Wash the cherry tomatoes and pat them dry.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the cherry tomatoes in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Crumble the goat cheese over the cherry tomatoes.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 7 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 7 g | 41.18% | 41.18% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 6 g | 10.91% | 12% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 4 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 3 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 5 g | 22.73% | 29.41% |
| Fat | 8 g | 28.57% | 32% |
| Cholesterol | 15 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 2 mg | 153.85% | 153.85% |
| Vitamin B12 | 4 mcg | 166.67% | 166.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 150 mg | 6.52% | 6.52% |
| Calcium | 6 mg | 0.6% | 0.6% |
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 8 mg | 0.24% | 0.31% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Zinc | 4 mg | 36.36% | 50% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Meal Type

Breakfast Snack Supper

Course

Salads Appetizers Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30

Difficulty Level

Easy

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