

Goat Cheese Maple Dip

Vermont Butter & Cheese Creamery
www.dashrecipes.com

Servings: 6

4 ounces creamy goat cheese, plain
2 tablespoons maple syrup
1/2 tablespoon freshly ground black pepper
2 tablespoons freshly toasted sliced almonds

Preparation Time: 10 minutes

Flip the goat cheese container onto a small plate to release the cheese.

Drizzle maple syrup over the cheese.

Top with the black pepper and almonds.

Serve with a sliced baguette, grilled pita or gourmet crackers.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 19 Calories; trace Fat (1.4% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	19	Vitamin B6 (mg):	0mg
% Calories from Fat:	1.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 1mg
Potassium (mg): 20mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 19 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	5g	2%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.