



Goat Cheese Zucchini Rolls

1 serving
10 minutes

Ingredients

1/4 cup Goat Cheese (crumbled)
1 Zucchini (trimmed, sliced lengthwise)

Nutrition

Amount per serving	
Calories	103
Fat	7g
Saturated	4g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	2g
Sugar	6g
Protein	6g
Cholesterol	10mg
Sodium	146mg
Potassium	512mg
Vitamin A	392IU
Vitamin C	35mg
Calcium	51mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	8µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	47µg
Vitamin B12	0µg
Phosphorous	74mg
Magnesium	35mg

Directions

- 1 Spread a thin layer of goat cheese on each slice of zucchini.
- 2 Gently roll them into small wraps and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One zucchini makes approximately 12 rolls.

Dairy-Free: Use cashew cream cheese instead.

More Flavor: Mix in your choice of fresh herbs into the goat cheese. Drizzle with extra virgin olive oil.

Zinc	1mg
Selenium	0µg