



Aged Cheddar with Apple Wedges and Cider Reduction



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple cider
- ☐ 2 teaspoons butter chilled
- ☐ 2 granny smith apples cored cut into 16 slices
- ☐ 0.5 pound shelburne farms thinly sliced
- ☐ 1 ounce walnut toasted halved

Equipment

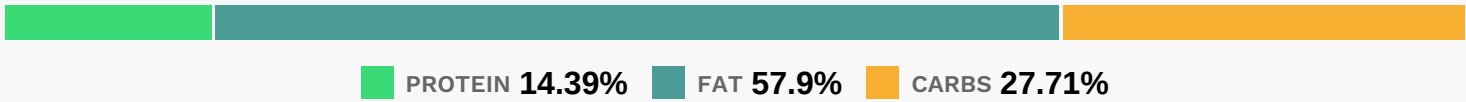
- ☐ sauce pan

☐ whisk

Directions

- ☐ Bring cider to a boil in a large saucepan; cook until reduced to 1/2 cup (about 15 minutes).
- ☐ Remove from heat.
- ☐ Add butter; stir with a whisk until butter melts.
- ☐ Place 2 bread halves on each of 8 dessert plates. Divide cheese evenly among bread halves.
- ☐ Place 2 apple slices on each bread half.
- ☐ Drizzle 1 tablespoon cider reduction around each serving.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:4.57, Inflammation Score:-3, Nutrition Score:5.4930434771206%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 6.2mg, Epicatechin: 6.2mg, Epicatechin: 6.2mg, Epicatechin: 6.2mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 198.6kcal (9.93%), Fat: 13.12g (20.18%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 12.68g (4.61%), Sugar: 10.59g (11.77%), Cholesterol: 31.04mg (10.35%), Sodium: 196.33mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Calcium: 211.65mg (21.17%), Phosphorus: 151.54mg (15.15%), Selenium: 8.27µg (11.81%), Manganese: 0.18mg (9.17%), Vitamin B2: 0.15mg (8.98%), Zinc: 1.18mg (7.87%), Vitamin A: 341.17IU (6.82%), Fiber: 1.45g (5.79%), Vitamin B12: 0.3µg (5.04%), Magnesium: 18.5mg (4.63%), Copper: 0.09mg (4.25%), Potassium: 146.03mg (4.17%), Vitamin B6: 0.07mg (3.4%), Vitamin C: 2.67mg (3.24%), Folate: 10.83µg (2.71%), Vitamin B1: 0.04mg (2.7%), Vitamin E: 0.35mg (2.36%), Vitamin B5: 0.2mg (1.95%), Vitamin K: 1.86µg (1.78%), Iron: 0.27mg (1.52%), Vitamin D: 0.17µg (1.13%)