



Candy Cane-Cheese Logs

READY IN



45 min.

SERVINGS



12

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings round buttery crackers assorted
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup cranberries dried finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounces roquefort cheese
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sesame seed toasted

- ☐ 1 pound sharp cheddar cheese grated
- ☐ 1 tablespoon worcestershire sauce

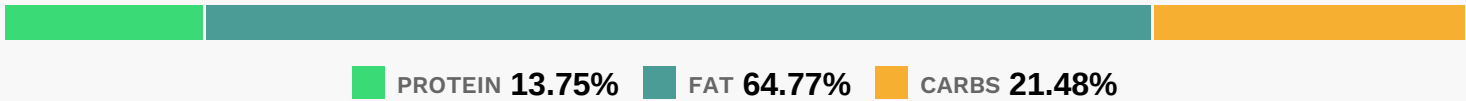
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ blender
- ☐ wax paper

Directions

- ☐ Process Cheddar cheese, cream cheese, and next 6 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill 1 hour.
- ☐ Shape cheese mixture into 3 (10-inch) logs. Press opposite sides of each log in chopped cranberries; press remaining sides in toasted sesame seeds. Gently twist log to form spiral stripes.
- ☐ Curve one end to form a cane.
- ☐ Place on a wax paper-lined baking sheet. Cover and chill 1 hour.
- ☐ Serve with assorted crackers.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:14.477826146976%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 438.69kcal (21.93%), Fat: 32.29g (49.68%), Saturated Fat: 14.65g (91.55%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 21.66g (7.88%), Sugar: 9.73g (10.81%), Cholesterol: 65.39mg (21.8%), Sodium: 687.45mg (29.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.85%), Calcium: 497.73mg (49.77%), Phosphorus: 355.02mg (35.5%), Copper: 0.56mg (27.99%), Selenium: 18.81µg (26.87%), Manganese: 0.44mg (21.89%), Vitamin B2: 0.34mg (20.26%), Zinc: 2.76mg (18.41%), Magnesium: 62.55mg (15.64%), Iron: 2.79mg (15.52%), Vitamin A: 751.36IU (15.03%), Vitamin B1: 0.19mg (12.8%), Vitamin K: 10.19µg (9.71%), Fiber: 2.43g (9.71%), Folate: 38.4µg (9.6%), Vitamin E: 1.26mg (8.41%), Vitamin B12: 0.5µg (8.38%), Vitamin B6: 0.16mg (8.19%), Vitamin B3: 1.52mg (7.61%), Vitamin B5: 0.52mg (5.17%), Potassium: 160.31mg (4.58%), Vitamin D: 0.23µg (1.51%)