



Cheese and Dill Log

 Gluten Free

READY IN



80 min.

SERVINGS



14

CALORIES



107 kcal

SIDE DISH

Ingredients

- 0.3 tsp dill weed
- 2 Tbsp butter softened
- 3 Tbsp milk
- 0.1 tsp paprika
- 0.3 cup planters pecans finely chopped
- 1 cup sharp cheddar cheese shredded kraft
- 1.5 cups swiss cheese shredded kraft

Equipment

hand mixer

Directions

- Beat margarine, cheeses, milk and seasonings electric mixer on medium speed until well blended; cover.
- Refrigerate at least 1 hour. Shape into log; roll in pecans until evenly coated on all sides.
- Serve with assorted crackers.

Nutrition Facts

  
 **PROTEIN 19.57%**  **FAT 77.52%**  **CARBS 2.91%**

Properties

Glycemic Index:9.43, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:3.3073913402369%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 106.99kcal (5.35%), Fat: 9.32g (14.34%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.25g (0.28%), Cholesterol: 19.22mg (6.41%), Sodium: 94.29mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Calcium: 165.89mg (16.59%), Phosphorus: 112.06mg (11.21%), Selenium: 5.9µg (8.42%), Vitamin B12: 0.45µg (7.57%), Zinc: 0.9mg (5.97%), Vitamin A: 264.91IU (5.3%), Vitamin B2: 0.08mg (4.61%), Manganese: 0.08mg (4.07%), Magnesium: 8.62mg (2.16%), Vitamin E: 0.22mg (1.5%), Copper: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.12%)