



Cheese and Nut Log

 **Gluten Free**

READY IN



210 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces cheese blue crumbled
- 8 ounce cream cheese softened
- 1 clove garlic minced
- 2 green onions finely chopped
- 2 tablespoons milk
- 0.3 cup pistachios chopped
- 0.3 small bell pepper diced red
- 1.5 cups cheddar cheese shredded

2 teaspoons worcestershire sauce

Equipment

bowl

hand mixer

Directions

In a small bowl, mix the Cheddar cheese and 1/2 the cream cheese with an electric mixer until well blended.

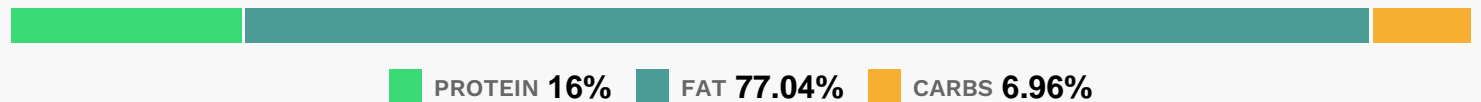
Mix in the green onions, red bell peppers, garlic and Worcestershire sauce. Chill in the refrigerator 30 minutes.

In a small bowl, mix the blue cheese, milk and remaining cream cheese with the electric mixer until well blended.

Shape the chilled Cheddar cheese mixture into an 8 inch log.

Spread the blue cheese mixture evenly over the top and sides of the log. Cover with pistachio nuts. Chill in the refrigerator 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:15.424782535304%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 540.07kcal (27%), Fat: 46.97g (72.26%), Saturated Fat: 25.6g (160.03%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.22g (2.99%), Sugar: 4.2g (4.67%), Cholesterol: 121.8mg (40.6%), Sodium: 824.41mg (35.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.91%), Calcium: 533.47mg (53.35%), Phosphorus: 428.63mg (42.86%), Vitamin A: 1664.13IU (33.28%), Selenium: 22µg (31.43%), Vitamin B2: 0.47mg (27.4%), Zinc: 2.9mg (19.32%), Vitamin B12: 0.96µg (16%), Vitamin B6: 0.31mg (15.66%), Vitamin K: 15.6µg (14.86%), Vitamin B5: 1.09mg (10.93%), Vitamin C: 8.25mg (10%), Potassium: 349.68mg (9.99%), Magnesium: 38.7mg (9.67%), Copper: 0.18mg (9.14%), Vitamin B1: 0.14mg (9.09%), Folate: 35.67µg (8.92%), Manganese: 0.16mg (8.18%), Vitamin E: 1.22mg (8.17%), Fiber: 1.32g (5.3%), Iron: 0.9mg (5%), Vitamin D: 0.48µg (3.19%), Vitamin B3: 0.61mg (3.03%)