



Cheese Log

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

Ingredients

- 2 ounce beef dried chopped
- 16 ounce cream cheese
- 4 spring onion chopped
- 0.3 cup parsley chopped
- 1 cup pecans chopped
- 1.5 tablespoons worcestershire sauce

Equipment

Directions

- Combine the cream cheese, dried beef, Worcestershire sauce, green onions, and monosodium glutamate; mix well, and refrigerate until chilled.
- Mix together the chopped pecans and parsley.
- Roll cheese into log or ball, and roll in pecans and parsley to cover.

Nutrition Facts

PROTEIN 7.51% **FAT 84.89%** **CARBS 7.6%**

Properties

Glycemic Index:8.42, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:6.1543477733984%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 210.43kcal (10.52%), Fat: 20.51g (31.55%), Saturated Fat: 8.56g (53.51%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.1g (2.33%), Cholesterol: 41.53mg (13.84%), Sodium: 150.82mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin K: 30µg (28.57%), Manganese: 0.42mg (21.09%), Vitamin A: 659.59IU (13.19%), Phosphorus: 76.55mg (7.66%), Vitamin B2: 0.11mg (6.64%), Copper: 0.13mg (6.41%), Selenium: 4.34µg (6.2%), Zinc: 0.83mg (5.54%), Calcium: 50.75mg (5.08%), Vitamin B1: 0.08mg (5.03%), Magnesium: 16.9mg (4.22%), Fiber: 1.02g (4.07%), Potassium: 134.86mg (3.85%), Iron: 0.61mg (3.4%), Vitamin C: 2.79mg (3.38%), Vitamin E: 0.5mg (3.36%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.18µg (3.07%), Vitamin B6: 0.06mg (2.95%), Folate: 10.36µg (2.59%), Vitamin B3: 0.39mg (1.96%)