



Cheese Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



272 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons rosemary leaves fresh chopped
- 0.3 cup thyme sprigs fresh
- 1.5 cups olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1 cup balsamic vinegar white

Equipment

- whisk

Directions

- Whisk together all ingredients.
- Pour mixture into an airtight jar or decorative container. Store in refrigerator up to 1 week.
- Combine 1 1/2 pounds cubed firm cheeses (such as Cheddar, Gouda, Havarti, or Monterey Jack); 2 cups olives; and 1 (7-ounce) jar roasted red bell peppers, drained in a large zip-top plastic freezer bag or decorative airtight container.
- Pour Cheese Marinade over mixture, and chill for 1 hour or up to 2 days. Makes 6 to 8 appetizer servings. Prep: 15 min., Chill: 1 hr.

Nutrition Facts

PROTEIN 1.07% **FAT 74.69%** **CARBS 24.24%**

Properties

Glycemic Index:42.33, Glycemic Load:7.46, Inflammation Score:-10, Nutrition Score:3.9691304304516%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg

Nutrients (% of daily need)

Calories: 272.11kcal (13.61%), Fat: 21.75g (33.46%), Saturated Fat: 3.04g (19%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 15.08g (5.49%), Sugar: 12.71g (14.12%), Cholesterol: 0mg (0%), Sodium: 795.89mg (34.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin E: 3.11mg (20.76%), Vitamin K: 13.55µg (12.9%), Manganese: 0.23mg (11.66%), Iron: 1.51mg (8.42%), Vitamin C: 6.29mg (7.63%), Magnesium: 18mg (4.5%), Calcium: 44.54mg (4.45%), Vitamin A: 218.97IU (4.38%), Potassium: 131.75mg (3.76%), Fiber: 0.8g (3.19%), Copper: 0.05mg (2.6%), Phosphorus: 21.53mg (2.15%), Vitamin B2: 0.02mg (1.19%), Zinc: 0.15mg (1.03%)