



## Cheese Ring

READY IN



15 min.

SERVINGS



20

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

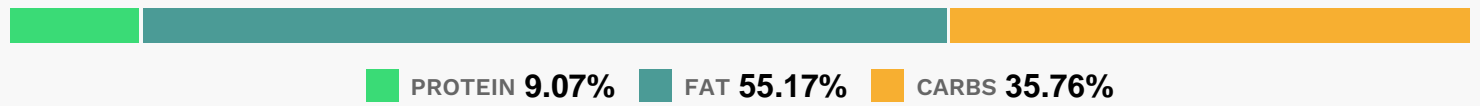
- 20 servings round buttery crackers assorted
- 1 garlic clove pressed
- 0.5 teaspoon hot sauce
- 0.8 cup mayonnaise
- 1 small onion grated
- 1 cup pecans toasted finely chopped
- 16 ounce blocks sharp cheddar cheese finely grated
- 20 servings garnish: strawberries fresh whole
- 0.8 cup strawberry preserves

# Equipment

## Directions

- Stir together first 6 ingredients. Shape mixture into a 6-inch ring with a 2-inch center on a serving platter. Cover and chill 2 hours.
- Fill center of ring with preserves before serving.
- Serve with assorted crackers.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:11.95, Glycemic Load:8.31, Inflammation Score:-6, Nutrition Score:15.362173826798%

## Flavonoids

Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.84mg, Catechin: 4.84mg, Catechin: 4.84mg, Catechin: 4.84mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 345.74kcal (17.29%), Fat: 21.72g (33.41%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 31.67g (10.56%), Net Carbohydrates: 27.75g (10.09%), Sugar: 15g (16.66%), Cholesterol: 26.21mg (8.74%), Sodium: 351.11mg (15.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.07%), Vitamin C: 86.23mg (104.52%), Manganese:

0.88mg (44%), Vitamin K: 25.6µg (24.38%), Calcium: 215.8mg (21.58%), Phosphorus: 201.27mg (20.13%), Fiber: 3.93g (15.71%), Folate: 54.43µg (13.61%), Selenium: 8.41µg (12.01%), Vitamin B2: 0.19mg (11.35%), Vitamin E: 1.51mg (10.05%), Vitamin B1: 0.15mg (9.96%), Zinc: 1.38mg (9.23%), Magnesium: 34.86mg (8.71%), Iron: 1.56mg (8.65%), Copper: 0.17mg (8.6%), Potassium: 294.47mg (8.41%), Vitamin B3: 1.42mg (7.08%), Vitamin B6: 0.11mg (5.64%), Vitamin A: 253.01IU (5.06%), Vitamin B12: 0.25µg (4.17%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.15µg (1.02%)