



Cheese Ring with Balsamic-Strawberry Preserves

READY IN



165 min.

SERVINGS



10

CALORIES



572 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 10 servings round buttery crackers assorted
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.8 cup mayonnaise
- ☐ 1 cup pecans finely chopped
- ☐ 10 servings garnishes: pecans fresh toasted chopped
- ☐ 16 oz blocks sharp cheddar cheese finely grated

☐ 1 cup strawberry preserves

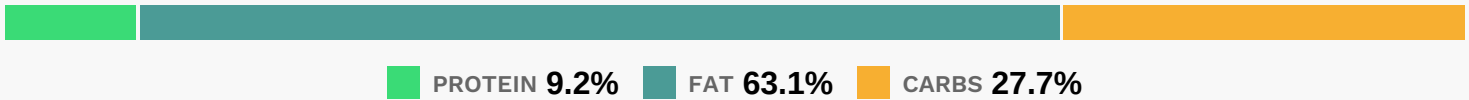
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool 15 minutes.
- ☐ Stir together mayonnaise and next 2 ingredients. Stir in pecans and cheese.
- ☐ Spoon mixture into a plastic wrap-lined 4-cup ring mold with a 2 1/2-inch center. Cover and chill 2 hours.
- ☐ Bring balsamic vinegar to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer, stirring occasionally, 18 to 20 minutes or until reduced to about 2 Tbsp.
- ☐ Let cool 10 minutes. Stir in strawberry preserves.
- ☐ Unmold cheese ring onto a serving platter. Discard plastic wrap. Fill center of ring with preserves.
- ☐ Serve with crackers.
- ☐ Garnish, if desired.
- ☐ *Sharp white Cheddar cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:14.73, Inflammation Score:-5, Nutrition Score:12.824782641038%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 572.07kcal (28.6%), Fat: 40.3g (61.99%), Saturated Fat: 12.29g (76.79%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 37.91g (13.79%), Sugar: 21.38g (23.75%), Cholesterol: 52.42mg (17.47%), Sodium: 565.07mg (24.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Calcium: 367.53mg (36.75%), Vitamin K: 36.9µg (35.14%), Manganese: 0.67mg (33.57%), Phosphorus: 298.49mg (29.85%), Selenium: 15.13µg (21.62%), Vitamin B2: 0.29mg (16.91%), Zinc: 2.37mg (15.77%), Vitamin B1: 0.17mg (11.35%), Vitamin E: 1.66mg (11.05%), Copper: 0.22mg (11.04%), Vitamin A: 472.43IU (9.45%), Magnesium: 33.59mg (8.4%), Vitamin B12: 0.5µg (8.35%), Iron: 1.43mg (7.97%), Fiber: 1.89g (7.57%), Folate: 28.26µg (7.07%), Vitamin B3: 0.96mg (4.79%), Potassium: 155.21mg (4.43%), Vitamin C: 3.37mg (4.08%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.39mg (3.87%), Vitamin D: 0.31µg (2.04%)