



Cheese Ring with Mint-Pepper Jelly

READY IN



165 min.

SERVINGS



10

CALORIES



508 kcal

SIDE DISH

Ingredients

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

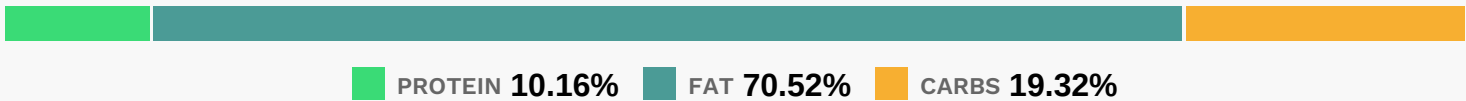
Equipment

- ☐ frying 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.
- ☐ Unmold cheese ring onto a serving platter. Discard plastic wrap. Stir together pepper jelly and mint. Fill center of ring with pepper jelly mixture.
- ☐ Serve with crackers.
- ☐ Garnish, if desired.
- ☐ *Sharp white Cheddar cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:6.77, Inflammation Score:-4, Nutrition Score:12.296521725862%

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: 507.99kcal (25.4%), Fat: 40.28g (61.98%), Saturated Fat: 12.28g (76.78%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 23.13g (8.41%), Sugar: 10.27g (11.41%), Cholesterol: 52.42mg (17.47%), Sodium: 555.23mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Calcium: 359mg (35.9%), Vitamin K: 36.9µg (35.14%), Manganese: 0.64mg (31.99%), Phosphorus: 291.64mg (29.16%), Selenium: 14.79µg (21.13%), Vitamin B2: 0.27mg (16.15%), Zinc: 2.34mg (15.6%), Vitamin B1: 0.17mg (11.17%), Vitamin E: 1.64mg (10.91%), Copper: 0.2mg (9.94%), Vitamin A: 473.07IU (9.46%), Vitamin B12: 0.5µg (8.35%), Magnesium: 30.63mg (7.66%), Fiber: 1.71g (6.82%), Iron: 1.21mg (6.75%), Folate: 26.41µg (6.6%), Vitamin B3: 0.95mg (4.76%), Vitamin B5: 0.38mg (3.84%), Vitamin B6: 0.07mg (3.73%), Potassium: 120.78mg (3.45%), Vitamin C: 1.87mg (2.27%), Vitamin D: 0.31µg (2.04%)