



Cheese Ring with Rosemary-Pear Preserves

READY IN



165 min.

SERVINGS



10

CALORIES



465 kcal

SIDE DISH

Ingredients

- ☐ 10 servings round buttery crackers assorted
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 cup pears
- ☐ 1 cup pecans finely chopped
- ☐ 10 servings pecans fresh toasted chopped
- ☐ 16 oz sharp cheddar cheese finely grated

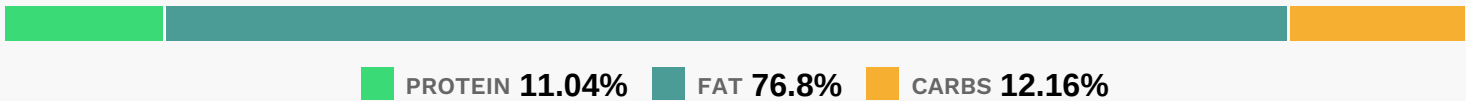
Equipment

- ☐ 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 pear preserves and rosemary. Fill center of ring with pear preserves mixture.
- ☐ Serve with crackers.
- ☐ Garnish, if desired.
- ☐ *Sharp white Cheddar cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.78, Inflammation Score:-5, Nutrition Score:12.116956622704%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin:

0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 465.32kcal (23.27%), Fat: 40.28g (61.98%), Saturated Fat: 12.28g (76.78%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 12.58g (4.57%), Sugar: 2.81g (3.12%), Cholesterol: 52.42mg (17.47%), Sodium: 549.87mg (23.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.05%), Calcium: 356.3mg (35.63%), Vitamin K: 37.25µg (35.48%), Manganese: 0.64mg (31.83%), Phosphorus: 289.37mg (28.94%), Selenium: 14.46µg (20.66%), Zinc: 2.34mg (15.59%), Vitamin B2: 0.26mg (15.51%), Vitamin B1: 0.17mg (11.05%), Vitamin E: 1.63mg (10.84%), Vitamin A: 474.59IU (9.49%), Copper: 0.19mg (9.42%), Vitamin B12: 0.5µg (8.35%), Magnesium: 30.51mg (7.63%), Fiber: 1.77g (7.07%), Iron: 1.14mg (6.36%), Folate: 25.09µg (6.27%), Vitamin B3: 0.96mg (4.8%), Vitamin B5: 0.38mg (3.84%), Vitamin B6: 0.07mg (3.68%), Potassium: 116.98mg (3.34%), Vitamin D: 0.31µg (2.04%)