



## Cinnamon, Apple & Cheddar Cheese Board

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



247 kcal

SIDE DISH

### Ingredients

- 2 apples sliced
- 5 cinnamon sticks
- 8 oz cracker barrel extra sharp cheddar cheese
- 0.5 cup planters walnut halves
- 8 oz cracker barrel vermont sharp-white cheddar cheese

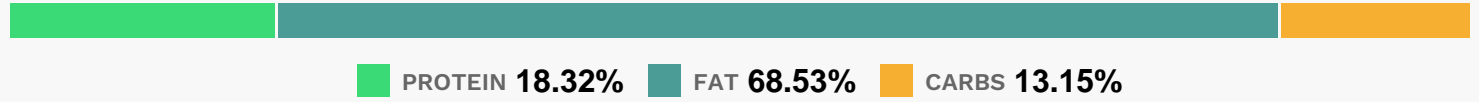
### Equipment

- bowl

# Directions

- Place nuts and cinnamon sticks in bowl in center of cheese board.
- Surround with remaining ingredients.

# Nutrition Facts



# Properties

Glycemic Index:11.1, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:8.532173871994%

# Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

# Nutrients (% of daily need)

Calories: 246.58kcal (12.33%), Fat: 19.32g (29.72%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 6.15g (2.24%), Sugar: 4.13g (4.58%), Cholesterol: 45.36mg (15.12%), Sodium: 297.31mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Calcium: 346.14mg (34.61%), Manganese: 0.52mg (26.13%), Phosphorus: 233.11mg (23.31%), Selenium: 13.18µg (18.83%), Vitamin B2: 0.22mg (12.88%), Zinc: 1.89mg (12.61%), Vitamin A: 480.49IU (9.61%), Fiber: 2.19g (8.78%), Vitamin B12: 0.48µg (8.01%), Copper: 0.12mg (6.19%), Magnesium: 24.36mg (6.09%), Folate: 16.46µg (4.11%), Vitamin B6: 0.08mg (4.02%), Vitamin E: 0.49mg (3.25%), Potassium: 107.22mg (3.06%), Vitamin B1: 0.04mg (2.65%), Vitamin B5: 0.25mg (2.49%), Vitamin K: 2.59µg (2.47%), Iron: 0.43mg (2.4%), Vitamin C: 1.82mg (2.2%), Vitamin D: 0.27µg (1.81%)