



CRACKER BARREL Aged Reserve Cheddar Pairing Tray

READY IN



15 min.

SERVINGS



15

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bread baguette piece french cut into 20 slices (6 inch)
- 0.5 cup grey poupon harvest coarse ground mustard
- 8 oz cracker barrel aged reserve extra sharp cheddar cheese
- 0.5 cup roasted peppers red drained cut into strips
- 4 oz genoa salami cut into 20 slices (1-)

Equipment

Directions

Arrange all ingredients on wooden board or serving platter.

Nutrition Facts

PROTEIN 22.41% **FAT 69.9%** **CARBS 7.69%**

Properties

Glycemic Index:9.71, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:4.0200000405312%

Nutrients (% of daily need)

Calories: 103.47kcal (5.17%), Fat: 8.07g (12.41%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.27g (0.31%), Cholesterol: 21.09mg (7.03%), Sodium: 433.75mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Selenium: 9.57µg (13.68%), Calcium: 117.36mg (11.74%), Phosphorus: 98.87mg (9.89%), Vitamin B1: 0.1mg (6.61%), Zinc: 0.95mg (6.36%), Vitamin B12: 0.37µg (6.2%), Vitamin B2: 0.1mg (6.07%), Vitamin A: 181.7IU (3.63%), Manganese: 0.07mg (3.56%), Vitamin B6: 0.07mg (3.41%), Vitamin B3: 0.61mg (3.04%), Magnesium: 11.01mg (2.75%), Vitamin C: 2.21mg (2.68%), Iron: 0.36mg (1.99%), Fiber: 0.49g (1.95%), Vitamin B5: 0.18mg (1.85%), Potassium: 62.11mg (1.77%), Copper: 0.03mg (1.6%), Folate: 6.24µg (1.56%)