



## CRACKER BARREL Cheese Board with Fruit & Bread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



279 kcal

SIDE DISH

### Ingredients

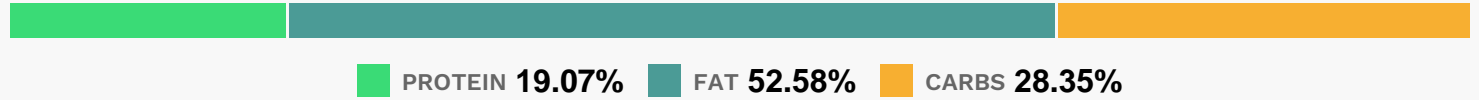
- 8 oz walnut bread sliced
- 1 cup apricots dried
- 16 oz cracker barrel aged reserve extra sharp cheddar cheese sliced
- 0.5 cup watercress

### Equipment

## Directions

- Arrange cheese, bread and apricots on cheese board.
- Garnish with watercress.

## Nutrition Facts



## Properties

Glycemic Index:15.11, Glycemic Load:8.49, Inflammation Score:-6, Nutrition Score:10.421739116959%

## Flavonoids

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 278.72kcal (13.94%), Fat: 16.52g (25.41%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.17g (6.61%), Sugar: 8.39g (9.33%), Cholesterol: 45.36mg (15.12%), Sodium: 405.92mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.95%), Calcium: 358.23mg (35.82%), Selenium: 19.67µg (28.1%), Phosphorus: 247.25mg (24.73%), Vitamin A: 977.72IU (19.55%), Vitamin B2: 0.27mg (15.81%), Manganese: 0.31mg (15.48%), Zinc: 1.95mg (13.02%), Vitamin B3: 1.63mg (8.16%), Vitamin B12: 0.48µg (8.01%), Folate: 30.26µg (7.56%), Fiber: 1.86g (7.46%), Vitamin B1: 0.11mg (7.32%), Iron: 1.24mg (6.88%), Vitamin K: 6.85µg (6.53%), Magnesium: 26.06mg (6.52%), Vitamin E: 0.96mg (6.42%), Potassium: 223.31mg (6.38%), Copper: 0.09mg (4.72%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.08mg (3.86%), Vitamin D: 0.27µg (1.81%), Vitamin C: 0.91mg (1.1%)