



## CRACKER BARREL Extra Sharp Cheddar Pairing Tray

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup apricot preserves
- 2 oz chocolate bar dark ()
- 0.5 cup cranberries dried
- 8 oz cracker barrel extra sharp cheddar cheese
- 20 sesame seed crackers

### Equipment

## Directions

Arrange all items on wooden board or serving platter.

## Nutrition Facts

**PROTEIN 12.95%** **FAT 52.93%** **CARBS 34.12%**

## Properties

Glycemic Index:5.67, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:3.4760869663695%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 123.46kcal (6.17%), Fat: 7.47g (11.5%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 10.03g (3.65%), Sugar: 7.32g (8.13%), Cholesterol: 15.23mg (5.08%), Sodium: 103.14mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.02mg (1.01%), Protein: 4.12g (8.23%), Calcium: 124.6mg (12.46%), Phosphorus: 89.84mg (8.98%), Selenium: 5.18µg (7.4%), Copper: 0.14mg (6.83%), Manganese: 0.12mg (6.09%), Zinc: 0.79mg (5.28%), Magnesium: 17.86mg (4.46%), Vitamin B2: 0.08mg (4.46%), Iron: 0.72mg (4.01%), Vitamin A: 169.26IU (3.39%), Fiber: 0.81g (3.23%), Vitamin B12: 0.17µg (2.85%), Vitamin E: 0.23mg (1.56%), Potassium: 52.96mg (1.51%), Vitamin B6: 0.03mg (1.28%), Folate: 4.55µg (1.14%), Vitamin B1: 0.02mg (1.12%)