



CRACKER BARREL Sharp Cheddar Pairing Tray

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

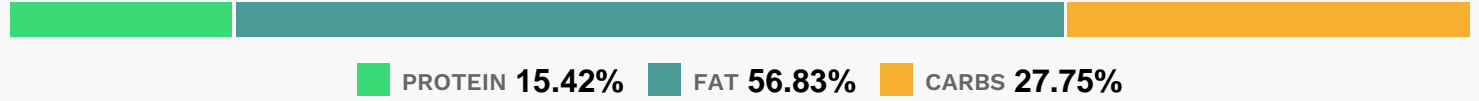
- 0.3 cup honey
- 0.3 pineapple cut into 1/2-inch pieces
- 0.5 cup pistachios chopped
- 20 sesame seed crackers
- 8 oz cracker barrel sharp cheddar cheese

Equipment

Directions

Arrange all ingredients on wooden board or serving platter.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:4.4217391506485%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 117.09kcal (5.85%), Fat: 7.68g (11.82%), Saturated Fat: 3.22g (20.16%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 7.64g (2.78%), Sugar: 6.49g (7.21%), Cholesterol: 15.12mg (5.04%), Sodium: 99.45mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Calcium: 126.5mg (12.65%), Manganese: 0.23mg (11.39%), Phosphorus: 99.16mg (9.92%), Vitamin C: 7.47mg (9.05%), Selenium: 5.08µg (7.26%), Copper: 0.13mg (6.57%), Vitamin B6: 0.11mg (5.45%), Zinc: 0.78mg (5.19%), Vitamin B2: 0.08mg (4.91%), Vitamin B1: 0.06mg (4.17%), Magnesium: 15.65mg (3.91%), Vitamin A: 177.38IU (3.55%), Fiber: 0.8g (3.21%), Vitamin B12: 0.16µg (2.67%), Iron: 0.45mg (2.48%), Folate: 9.39µg (2.35%), Potassium: 79.29mg (2.27%), Vitamin E: 0.21mg (1.43%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.2mg (1.02%)