





CRACKER BARREL Vermont White Cheddar Pairing Tray

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinegar glaze (see Tip)
- 2 oz chocolate bar white ()
- 0.3 cup basil leaves fresh loosely packed sliced
- 1 cup strawberries sliced
- 20 water crackers with cracked black pepper
- 8 oz cracker barrel vermont sharp-white cheddar cheese

Equipment

Directions

Arrange all ingredients on wooden board or serving platter.

Nutrition Facts

 PROTEIN **17.03%**  FAT **61.88%**  CARBS **21.09%**

Properties

Glycemic Index:19.27, Glycemic Load:2.41, Inflammation Score:-2, Nutrition Score:3.5230434886787%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 92.31kcal (4.62%), Fat: 6.43g (9.89%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.39g (1.6%), Sugar: 3.39g (3.77%), Cholesterol: 15.91mg (5.3%), Sodium: 103.64mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Calcium: 123.72mg (12.37%), Manganese: 0.22mg (10.95%), Phosphorus: 81.34mg (8.13%), Vitamin C: 5.74mg (6.95%), Selenium: 4.55µg (6.51%), Vitamin B2: 0.08mg (4.83%), Vitamin K: 4.76µg (4.53%), Zinc: 0.62mg (4.13%), Vitamin A: 182.18IU (3.64%), Vitamin B12: 0.18µg (3.02%), Magnesium: 8.83mg (2.21%), Fiber: 0.54g (2.17%), Potassium: 60.8mg (1.74%), Copper: 0.03mg (1.61%), Folate: 6.24µg (1.56%), Iron: 0.25mg (1.36%), Vitamin E: 0.19mg (1.3%), Vitamin B5: 0.12mg (1.17%), Vitamin B6: 0.02mg (1.08%)