



Cranberry-Pecan Cheese Wafers

 Vegetarian  Very Healthy

READY IN



195 min.

SERVINGS



1

CALORIES



8625 kcal

Ingredients

- 2 cups butter softened
- 16 oz sharp cheddar cheese shredded extra-sharp
- 4 cups flour all-purpose
- 1.5 teaspoons ground pepper red
- 1.5 cups pecans chopped
- 1.5 teaspoons salt
- 1.5 cups cranberries dried sweetened coarsely chopped

Equipment

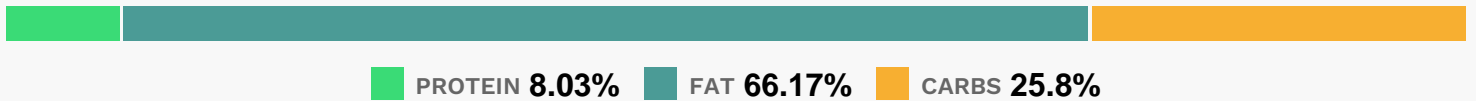
- frying pan

- baking sheet
- paper towels
- baking paper
- oven
- plastic wrap
- stand mixer

Directions

- Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 15 minutes).
- Meanwhile, soak cranberries in boiling water to cover 15 minutes; drain and pat dry with paper towels.
- Beat butter and next 3 ingredients at medium speed with a heavy-duty electric stand mixer until blended. Gradually add flour, beating just until combined. Stir in cranberries and pecans. Shape dough into 4 (12-inch-long) logs; wrap each log in plastic wrap. Chill 8 hours to 3 days.
- Preheat oven to 35
- Cut each log into 1/4-inch-thick slices; place on parchment paper-lined baking sheets.
- Bake 13 to 15 minutes or until lightly browned.
- Remove from baking sheets to wire racks, and cool completely (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:194, Glycemic Load:280.15, Inflammation Score:-10, Nutrition Score:80.288695729297%

Flavonoids

Cyanidin: 18.65mg, Cyanidin: 18.65mg, Cyanidin: 18.65mg, Cyanidin: 18.65mg Delphinidin: 12.08mg, Delphinidin: 12.08mg, Delphinidin: 12.08mg, Delphinidin: 12.08mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg Epicatechin:

1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 4.36mg, Myricetin: 4.36mg, Myricetin: 4.36mg, Myricetin: 4.36mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 8625.16kcal (431.26%), Fat: 647.54g (996.21%), Saturated Fat: 331.58g (2072.39%), Carbohydrates: 567.86g (189.29%), Net Carbohydrates: 528.21g (192.08%), Sugar: 141.92g (157.69%), Cholesterol: 1429.69mg (476.56%), Sodium: 9393.92mg (408.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 176.86g (353.72%), Manganese: 11.36mg (568.18%), Selenium: 309.98µg (442.83%), Calcium: 3528.27mg (352.83%), Vitamin B1: 5.19mg (346.12%), Vitamin A: 17230.32IU (344.61%), Phosphorus: 3202.64mg (320.26%), Vitamin B2: 4.92mg (289.16%), Folate: 1063.02µg (265.76%), Zinc: 28.23mg (188.18%), Vitamin B3: 33.12mg (165.58%), Iron: 29.13mg (161.81%), Fiber: 39.65g (158.59%), Copper: 2.96mg (148.01%), Vitamin E: 21.24mg (141.58%), Magnesium: 451.31mg (112.83%), Vitamin B12: 5.58µg (93%), Vitamin B5: 6.37mg (63.68%), Vitamin K: 66.12µg (62.97%), Potassium: 1813.81mg (51.82%), Vitamin B6: 1.03mg (51.63%), Vitamin D: 2.72µg (18.14%), Vitamin C: 4.45mg (5.4%)