



Double-Cheese Wheel

READY IN



195 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound monterrey jack cheese whole firm
- ☐ 3 ounces cream cheese softened
- ☐ 0.3 cup marinated artichoke drained chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 1.5 teaspoons basil dried fresh chopped
- ☐ 1 serving round buttery crackers

Equipment

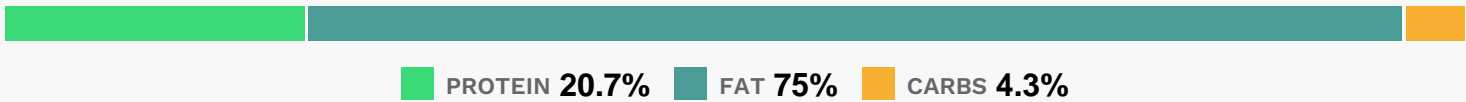
- ☐ food processor

☐ knife

Directions

- ☐ Remove any waxed coating or rind from Chihuahua cheese. Hollow out cheese with knife or spoon, leaving 1/2-inch thick side and bottom; reserve cheese shell.
- ☐ Finely chop enough of the scooped-out cheese to measure 1 cup. (Reserve any extra for another use.)
- ☐ Place 1 cup chopped cheese, the cream cheese, artichoke hearts, 3 tablespoons of the pine nuts and the basil in food processor. Cover and process using quick on-and-off motions until well mixed.
- ☐ Pack mixture into cheese shell.
- ☐ Sprinkle with remaining 1 tablespoon pine nuts; press lightly. Cover and refrigerate about 3 hours or until filling is firm.
- ☐ Cut into thin wedges.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.0056521659312%

Nutrients (% of daily need)

Calories: 98.08kcal (4.9%), Fat: 8.25g (12.7%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.35g (0.39%), Cholesterol: 20.4mg (6.8%), Sodium: 138.4mg (6.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Calcium: 147.5mg (14.75%), Phosphorus: 97.78mg (9.78%), Manganese: 0.14mg (6.8%), Vitamin B2: 0.09mg (5.15%), Zinc: 0.68mg (4.56%), Selenium: 3.09µg (4.41%), Vitamin A: 214.64IU (4.29%), Vitamin B12: 0.16µg (2.74%), Vitamin K: 2.71µg (2.58%), Magnesium: 9.52mg (2.38%), Iron: 0.32mg (1.77%), Vitamin E: 0.24mg (1.61%), Copper: 0.03mg (1.37%), Folate: 4.87µg (1.22%)