



Double-Cheese Wheel

READY IN



195 min.

SERVINGS



24

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

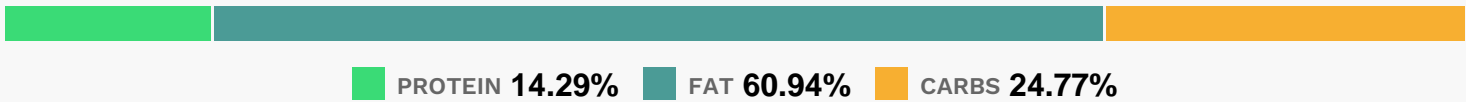
- ☐ food processor

☐ 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:4.9634782671928%

Nutrients (% of daily need)

Calories: 173.52kcal (8.68%), Fat: 11.81g (18.17%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 10.32g (3.75%), Sugar: 1.6g (1.78%), Cholesterol: 20.4mg (6.8%), Sodium: 273.64mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Calcium: 171.11mg (17.11%), Phosphorus: 139.64mg (13.96%), Manganese: 0.22mg (10.94%), Vitamin K: 10.38µg (9.88%), Vitamin B2: 0.13mg (7.54%), Iron: 1mg (5.58%), Selenium: 3.79µg (5.42%), Vitamin B1: 0.08mg (5.3%), Zinc: 0.78mg (5.18%), Vitamin E: 0.78mg (5.17%), Vitamin B3: 0.87mg (4.33%), Vitamin A: 214.64IU (4.29%), Folate: 15.91µg (3.98%), Magnesium: 12.44mg (3.11%), Vitamin B12: 0.16µg (2.74%), Copper: 0.05mg (2.32%), Fiber: 0.49g (1.94%), Vitamin B6: 0.03mg (1.43%), Potassium: 49.07mg (1.4%), Vitamin B5: 0.12mg (1.24%)