

Fall Cheese Platter

READY IN



25 min.

SERVINGS



12

CALORIES



259 kcal

SIDE DISH

Ingredients

- 2 cups apples chopped
- 2 cups cranberries
- 1 cup bell pepper red chopped
- 0.3 cup onion finely chopped
- 0.8 cup brown sugar packed
- 0.5 cup golden raisins
- 0.5 cup vinegar white
- 1.5 teaspoons ginger finely chopped
- 1 clove garlic finely chopped

- 16 oz monterrey jack cheese such as cheddar, colby-monterrey jack, monterrey jack with jalapeño peppers and swiss assorted
- 0.3 cup hazelnuts (filberts)
- 1 serving round buttery crackers

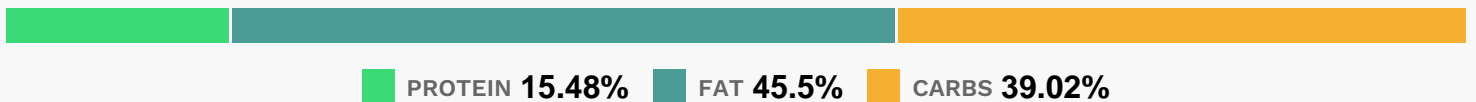
Equipment

- sauce pan
- cookie cutter

Directions

- In 2-quart saucepan, mix all chutney ingredients.
- Heat to boiling, stirring frequently; reduce heat. Simmer uncovered about 1 hour, stirring frequently, until mixture thickens and fruit is tender. Spoon into nonaluminum container. Store in refrigerator up to 2 weeks.
- Cut cheese with 1-, 1 1/2- and 2-inch leaf-shaped cookie cutters.
- Place cheese on medium platter, overlapping leaves.
- Sprinkle hazelnuts on platter to look like acorns.
- Serve with chutney and crackers.

Nutrition Facts



Properties

Glycemic Index:27.47, Glycemic Load:4.33, Inflammation Score:-6, Nutrition Score:8.4547826829164%

Flavonoids

Cyanidin: 8.23mg, Cyanidin: 8.23mg, Cyanidin: 8.23mg, Cyanidin: 8.23mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.2mg, Peonidin: 8.2mg, Peonidin: 8.2mg, Peonidin: 8.2mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-

gallate: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.17mg,
Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg,
Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg
Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 259.29kcal (12.96%), Fat: 13.41g (20.63%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 25.88g (8.63%),
Net Carbohydrates: 23.94g (8.7%), Sugar: 20.87g (23.19%), Cholesterol: 33.64mg (11.21%), Sodium: 244.59mg
(10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.53%), Calcium: 306.85mg (30.69%),
Vitamin C: 19.87mg (24.09%), Phosphorus: 195.43mg (19.54%), Manganese: 0.29mg (14.46%), Vitamin A: 701.28IU
(14.03%), Vitamin B2: 0.19mg (10.93%), Zinc: 1.29mg (8.61%), Selenium: 5.95µg (8.49%), Fiber: 1.94g (7.77%), Vitamin
B6: 0.13mg (6.58%), Vitamin E: 0.98mg (6.55%), Magnesium: 22.03mg (5.51%), Copper: 0.11mg (5.27%), Vitamin B12:
0.31µg (5.23%), Potassium: 181.51mg (5.19%), Folate: 18.08µg (4.52%), Iron: 0.79mg (4.38%), Vitamin K: 4.1µg (3.9%),
Vitamin B1: 0.04mg (2.83%), Vitamin B5: 0.24mg (2.41%), Vitamin B3: 0.39mg (1.97%), Vitamin D: 0.23µg (1.51%)