

Fall Cheese Platter

READY IN



25 min.

SERVINGS



12

CALORIES



331 kcal

SIDE DISH

Ingredients

- 2 cups apples chopped
- 0.8 cup brown sugar packed
- 12 servings round buttery crackers
- 2 cups cranberries
- 1 clove garlic finely chopped
- 1.5 teaspoons ginger finely chopped
- 0.5 cup golden raisins
- 0.3 cup hazelnuts (filberts)
- 0.3 cup onion finely chopped

- 1 cup bell pepper red chopped
- 0.5 cup vinegar white
- 16 oz monterrey jack cheese such as cheddar, colby-monterey jack, monterey jack with jalapeño peppers and swiss assorted

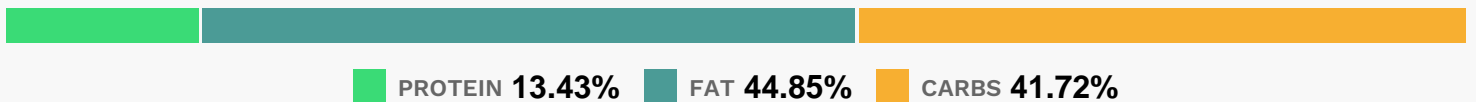
Equipment

- 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:10.327826023102%

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: 331.45kcal (16.57%), Fat: 16.82g (25.87%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 35.2g (11.73%),
Net Carbohydrates: 32.92g (11.97%), Sugar: 22.07g (24.52%), Cholesterol: 33.64mg (11.21%), Sodium: 373.95mg
(16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Calcium: 329.44mg (32.94%), Vitamin
C: 19.87mg (24.09%), Phosphorus: 235.47mg (23.55%), Manganese: 0.37mg (18.42%), Vitamin A: 701.28IU (14.03%),
Vitamin B2: 0.22mg (13.22%), Vitamin K: 11.43µg (10.89%), Vitamin E: 1.49mg (9.96%), Selenium: 6.62µg (9.46%),
Zinc: 1.38mg (9.21%), Fiber: 2.28g (9.12%), Iron: 1.44mg (8.02%), Folate: 28.64µg (7.16%), Vitamin B1: 0.11mg (7.15%),
Vitamin B6: 0.14mg (7.02%), Magnesium: 24.81mg (6.2%), Copper: 0.12mg (6.18%), Potassium: 198.96mg (5.68%),
Vitamin B3: 1.11mg (5.55%), Vitamin B12: 0.31µg (5.23%), Vitamin B5: 0.3mg (2.95%), Vitamin D: 0.23µg (1.51%)