



Four-Layer Cheese Loaf

 Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce cream cheese divided softened
- ☐ 10 ounce spinach frozen thawed drained chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup mint-cilantro chutney spread shopping list
- ☐ 0.5 cup pecans toasted chopped
- ☐ 25 servings pecans toasted chopped
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.3 teaspoon salt
- ☐ 16 ounce sharp cheddar cheese shredded

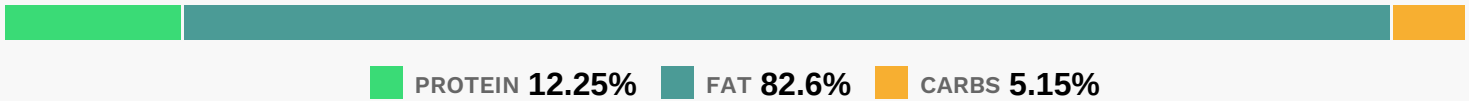
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap

Directions

- ☐ Line a 9- x 5-inch loafpan with heavy-duty plastic wrap.
- ☐ Press spinach between layers of paper towels to remove excess moisture; set aside.
- ☐ Stir together Cheddar cheese, pecans, and mayonnaise; spread half of mixture evenly into prepared pan. Stir together spinach, 1 package cream cheese, salt, and pepper; spread evenly over Cheddar cheese layer. Stir together remaining package cream cheese, chutney, and nutmeg; spread evenly over spinach layer. Top with remaining Cheddar cheese mixture. Cover and freeze up to 1 month. Thaw in refrigerator overnight.
- ☐ Garnish, if desired, and serve with assorted crackers.
- ☐ Prep: 15 min., Thaw: 8 hrs.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:8.2986957897311%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 195.55kcal (9.78%), Fat: 18.26g (28.1%), Saturated Fat: 7.95g (49.68%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.97g (1.08%), Cholesterol: 38.35mg (12.78%), Sodium: 271.92mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Vitamin K: 50.48µg (48.08%), Vitamin A: 1815.71IU (36.31%), Calcium: 163.32mg (16.33%), Phosphorus: 117.92mg (11.79%), Manganese: 0.23mg (11.64%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.15mg (8.95%), Zinc: 0.97mg (6.48%), Folate: 22.83µg (5.71%), Vitamin E: 0.81mg (5.42%), Magnesium: 19.03mg (4.76%), Vitamin B12: 0.24µg (3.96%), Copper: 0.07mg (3.27%), Vitamin B1: 0.04mg (2.78%), Potassium: 91.7mg (2.62%), Fiber: 0.65g (2.59%), Vitamin B6: 0.05mg (2.47%), Vitamin B5: 0.22mg (2.25%), Iron: 0.36mg (1.99%), Vitamin C: 1mg (1.21%)