



Gouda Cheese Logs

READY IN



135 min.

SERVINGS



24

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese soft
- ☐ 8 ounces colby cheese shredded
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup sun-dried tomatoes drained sliced in oil
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 serving round buttery crackers assorted

Equipment

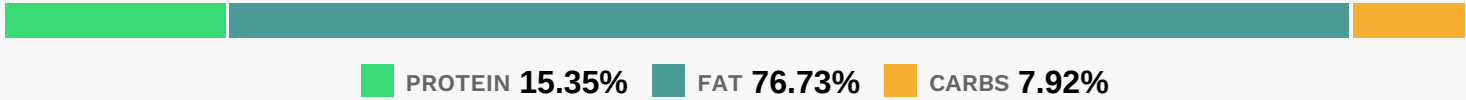
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 plastic wrap

Directions

- ☐ Mix cream cheese and Gouda cheese until blended. Stir in chives, tomatoes and garlic powder. Shape mixture into 2 small logs or 1 large ball.
- ☐ Roll in parsley.
- ☐ Wrap in plastic wrap and refrigerate at least 2 hours until firm.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.4169565063456%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 76.48kcal (3.82%), Fat: 6.61g (10.17%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.47g (0.53%), Cholesterol: 18.52mg (6.17%), Sodium: 96.06mg (4.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin K: 11.92µg (11.36%), Calcium: 76.73mg (7.67%), Vitamin A: 306.37IU (6.13%), Phosphorus: 57.44mg (5.74%), Vitamin B2: 0.06mg (3.79%), Selenium: 2.26µg (3.23%), Vitamin C: 2.24mg (2.72%), Zinc: 0.36mg (2.4%), Vitamin B12: 0.1µg (1.65%), Potassium: 48.27mg (1.38%), Magnesium: 4.87mg (1.22%), Folate: 4.7µg (1.17%), Iron: 0.19mg (1.06%)