



Gouda Cheese Logs

READY IN



135 min.

SERVINGS



24

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

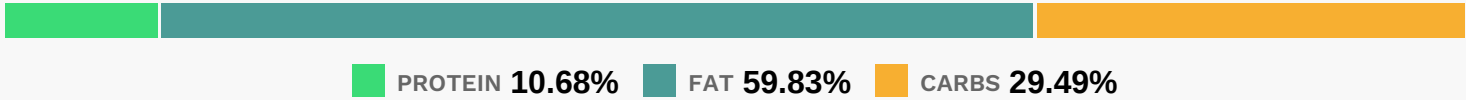
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 plastic wrap

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:-3, Nutrition Score:4.375217391097%

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: 151.92kcal (7.6%), Fat: 10.17g (15.64%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.81g (3.93%), Sugar: 1.72g (1.91%), Cholesterol: 18.52mg (6.17%), Sodium: 231.3mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin K: 19.59µg (18.66%), Calcium: 100.35mg (10.03%), Phosphorus: 99.3mg (9.93%), Vitamin B2: 0.11mg (6.18%), Vitamin A: 306.37IU (6.13%), Vitamin B1: 0.08mg (5.17%), Iron: 0.88mg (4.86%), Manganese: 0.1mg (4.84%), Vitamin E: 0.67mg (4.48%), Vitamin B3: 0.85mg (4.25%), Selenium: 2.97µg (4.24%), Folate: 15.74µg (3.93%), Zinc: 0.45mg (3.03%), Vitamin C: 2.24mg (2.72%), Magnesium: 7.79mg (1.95%), Potassium: 66.52mg (1.9%), Fiber: 0.47g (1.87%), Vitamin B12: 0.1µg (1.65%), Copper: 0.03mg (1.63%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.03mg (1.38%)