



## Harvest Cheddar

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon butter melted
- 12 slices bacon crumbled cooked
- 16 ounce cream cheese softened
- 3 cloves garlic minced
- 0.5 teaspoon ground pepper white
- 1 small onion finely chopped
- 2 ounce pimientos diced drained well
- 2 teaspoons rubbed sage

- 8 ounces sharp cheddar cheese shredded
- 1 tablespoon worcestershire sauce

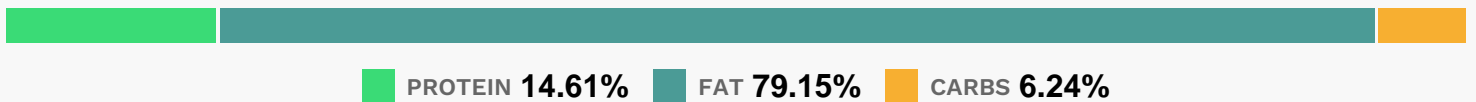
## Equipment

- frying pan
- plastic wrap
- hand mixer

## Directions

- Cook onion and garlic in butter in a large skillet over medium-high heat until tender; remove from heat and let cool.
- Beat cream cheese at medium speed of an electric mixer until smooth.
- Add Cheddar cheese, Worcestershire sauce, sage, and pepper; blend well. Stir in onion mixture and pimiento. Cover and chill at least 1 hour.
- Shape mixture into a cheese round.
- Roll in crumbled bacon; cut into large wedges and wrap individual wedges in plastic wrap.
- Serve with fruit and crackers.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:3.85, Inflammation Score:-9, Nutrition Score:24.889565301978%

## Flavonoids

Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

## Nutrients (% of daily need)

Calories: 1045.6kcal (52.28%), Fat: 92.83g (142.81%), Saturated Fat: 49.71g (310.66%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 15.48g (5.63%), Sugar: 8.15g (9.05%), Cholesterol: 259.99mg (86.66%), Sodium: 1629.13mg (70.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.55g (77.1%), Selenium: 51.24µg (73.2%),

Calcium: 706.23mg (70.62%), Vitamin A: 3477.78IU (69.56%), Phosphorus: 652.63mg (65.26%), Vitamin B2: 0.79mg (46.38%), Zinc: 4.65mg (30.97%), Vitamin C: 23.16mg (28.07%), Vitamin B12: 1.49µg (24.79%), Vitamin B6: 0.43mg (21.27%), Vitamin B3: 3.77mg (18.86%), Vitamin B1: 0.26mg (17.44%), Vitamin B5: 1.58mg (15.84%), Potassium: 548.29mg (15.67%), Vitamin E: 2.32mg (15.48%), Magnesium: 49.81mg (12.45%), Folate: 36.05µg (9.01%), Iron: 1.45mg (8.04%), Vitamin K: 8.26µg (7.87%), Manganese: 0.15mg (7.27%), Copper: 0.13mg (6.5%), Fiber: 1.01g (4.03%), Vitamin D: 0.58µg (3.88%)