



Honey-Drizzled Cheddar Cheese

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



279 kcal

SIDE DISH

Ingredients

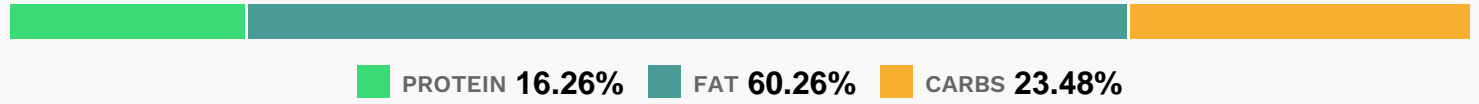
- 1 apples sliced
- 0.5 cup dates chopped
- 16 oz cracker barrel aged reserve extra sharp cheddar cheese
- 0.3 cup honey
- 0.5 cup planters walnuts chopped

Equipment

Directions

- Place cheese on cheese board; drizzle with honey.
- Top with nuts and dates.
- Serve with apples.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:7.25, Inflammation Score:-4, Nutrition Score:7.7291304028553%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 279.28kcal (13.96%), Fat: 19.3g (29.69%), Saturated Fat: 9.07g (56.72%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 15.48g (5.63%), Sugar: 13.81g (15.35%), Cholesterol: 45.36mg (15.12%), Sodium: 297.43mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.42%), Calcium: 330.89mg (33.09%), Phosphorus: 234.88mg (23.49%), Selenium: 13.41µg (19.16%), Vitamin B2: 0.22mg (13.04%), Zinc: 1.89mg (12.62%), Manganese: 0.24mg (11.83%), Vitamin A: 466.23IU (9.32%), Vitamin B12: 0.48µg (8.01%), Copper: 0.13mg (6.55%), Magnesium: 25.73mg (6.43%), Fiber: 1.43g (5.73%), Folate: 17.37µg (4.34%), Vitamin B6: 0.08mg (4.22%), Potassium: 132.82mg (3.79%), Vitamin B5: 0.28mg (2.81%), Vitamin E: 0.42mg (2.78%), Vitamin B1: 0.04mg (2.67%), Iron: 0.38mg (2.08%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.85µg (1.76%), Vitamin C: 0.99mg (1.19%), Vitamin B3: 0.21mg (1.05%)