



Manchego with Quince Paste

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- 4 ounce manchego cheese room temperature
- 4 ounce quinces

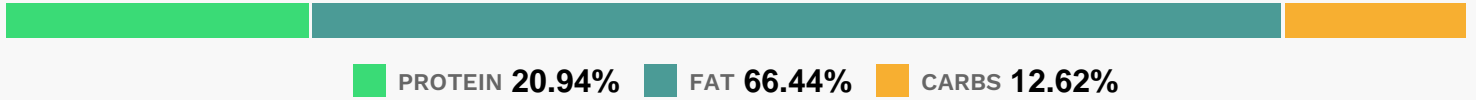
Equipment

Directions

- Trim the rind from the Manchego cheese; cut into 6 wedges and place 1 cheese wedge on each of 6 plates.

Cut quince paste into 6 slices; place 1 slice atop each wedge of cheese.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:1.4308695833644%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg

Nutrients (% of daily need)

Calories: 91.85kcal (4.59%), Fat: 6.77g (10.41%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0g (0%), Cholesterol: 20.22mg (6.74%), Sodium: 115.48mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Calcium: 204.31mg (20.43%), Vitamin C: 2.84mg (3.44%), Vitamin A: 111.51IU (2.23%), Fiber: 0.36g (1.44%), Copper: 0.02mg (1.23%), Potassium: 37.23mg (1.06%)