



 **2%**
HEALTH SCORE

Marinated Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 teaspoon basil dried
- 3 tablespoons parsley fresh chopped
- 3 garlic clove minced
- 3 tablespoons spring onion minced
- 8 ounce cream cheese light chilled
- 0.5 cup olive oil
- 2 ounce pimientos diced drained

- 0.5 teaspoon salt
- 8 ounce sharp cheddar cheese reduced-fat
- 0.5 cup citrus champagne vinegar

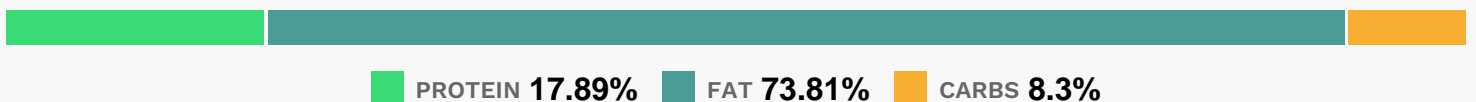
Equipment

- whisk
- baking pan

Directions

- Combine first 10 ingredients, stirring with a whisk.
- Cut block of Cheddar cheese in half lengthwise.
- Cut crosswise into 1/4-inch-thick slices. Repeat procedure with cream cheese. Arrange cheese slices alternately in a shallow baking dish, standing slices on edge.
- Pour marinade over cheese slices. Cover and marinate in refrigerator at least 8 hours.
- Transfer cheese slices to a serving platter in the same alternating fashion, reserving marinade. Spoon marinade over cheese slices.
- Serve with whole wheat crackers (crackers not included in analysis).
- carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.993043433065%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 102.4kcal (5.12%), Fat: 8.37g (12.87%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.03g (1.14%), Cholesterol: 21.83mg (7.28%), Sodium: 218.23mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin K: 17.21µg (16.39%), Calcium: 126.14mg (12.61%), Phosphorus: 89.75mg (8.97%), Vitamin A: 389.5IU (7.79%), Selenium: 4.68µg (6.68%), Vitamin C: 5.11mg (6.19%), Vitamin B2: 0.09mg (5.54%), Vitamin B12: 0.28µg (4.68%), Zinc: 0.63mg (4.23%), Vitamin E: 0.39mg (2.58%), Folate: 7.95µg (1.99%), Potassium: 67.29mg (1.92%), Vitamin B5: 0.19mg (1.87%), Manganese: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.73%), Magnesium: 6.69mg (1.67%), Iron: 0.28mg (1.57%)