

Marinated Cheese



Vegetarian



Gluten Free



Popular

READY IN



500 min.

SERVINGS



16

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cheddar cheese
- ☐ 8 ounce cream cheese cold
- ☐ 0.8 teaspoon basil dried
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons green onions minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup olive oil

- ☐ 2 ounce pimento diced drained
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup citrus champagne vinegar

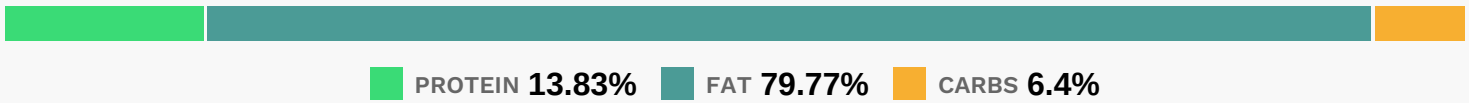
Equipment

- ☐ baking pan

Directions

- ☐ In a jar with a tight fitting lid, combine the olive oil, wine vinegar, pimento, parsley, green onion, garlic, sugar, basil, salt and pepper. Shake vigorously to blend. Set aside.
- ☐ Cut the block of Cheddar cheese in half lengthwise.
- ☐ Cut crosswise into 1/4 inch slices to form squares. Repeat with cream cheese. Arrange cheese squares alternately in a shallow baking dish with slices standing on edge. You can arrange in a single long row, or 2 parallel rows depending on the size of your dish.
- ☐ Pour the marinade from the jar over the cheese slices, cover and refrigerate for at least 6 hours, or overnight.
- ☐ To serve, remove slices to a serving platter so they are still arranged in an alternating pattern. Spoon some of the extra marinade over the cheese, and serve with crackers.

Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:3.9708696046601%

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: 124.49kcal (6.22%), Fat: 11.07g (17.04%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.99g (1.1%), Cholesterol: 28.49mg (9.5%), Sodium: 211.86mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin K: 17.36µg (16.53%), Calcium: 118.91mg (11.89%), Vitamin A: 501.62IU (10.03%), Phosphorus: 83.37mg (8.34%), Selenium: 5.33µg (7.62%), Vitamin C: 5.11mg (6.19%), Vitamin B2: 0.1mg (5.92%), Zinc: 0.62mg (4.16%), Vitamin E: 0.47mg (3.14%), Vitamin B12: 0.18µg (3.02%), Vitamin B6: 0.04mg (1.81%), Manganese: 0.03mg (1.74%), Magnesium: 6.83mg (1.71%), Folate: 6.53µg (1.63%), Iron: 0.27mg (1.52%), Vitamin B5: 0.15mg (1.48%), Potassium: 50.99mg (1.46%)