



## Marinated Manchego

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



326 kcal

SIDE DISH

### Ingredients

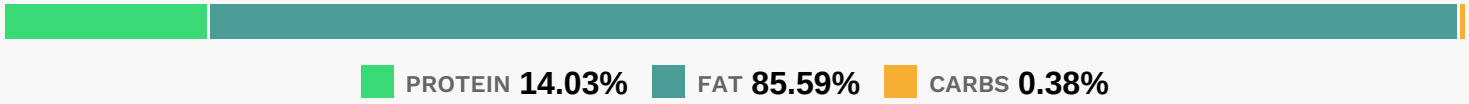
- ☐ 10 servings olive oil extra virgin
- ☐ 1 pound manchego cheese
- ☐ 12 niçoise olives
- ☐ 1 rosemary sprig fresh
- ☐ 4 to 6 thyme sprigs fresh

### Equipment

## Directions

- ☐
- Cut cheese into 1/4-inch-thick wedges; arrange in a 1-quart jar.
- ☐
- Add olives. Arrange thyme on outside edge of jar; place rosemary in center of jar. Fill jar with olive oil; cover. Allow to marinate in refrigerator for one week.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:3.5800000719078%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 325.85kcal (16.29%), Fat: 30.94g (47.61%), Saturated Fat: 13.37g (83.59%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.03g (0.03%), Cholesterol: 48.53mg (16.18%), Sodium: 350.55mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.83%), Calcium: 489.92mg (48.99%), Vitamin E: 2.2mg (14.66%), Vitamin K: 8.5µg (8.09%), Vitamin A: 290.27IU (5.81%)