



Molten Cheese Log

READY IN



15 min.

SERVINGS



8

CALORIES



420 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 4 ounces cream cheese
- ☐ 1 tablespoon flour
- ☐ 1 spring onion chopped
- ☐ 0.8 cup heavy whipping cream
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.5 cup pecans toasted chopped
- ☐ 8 servings round buttery crackers
- ☐ 8 ounces sharp cheddar cheese shredded

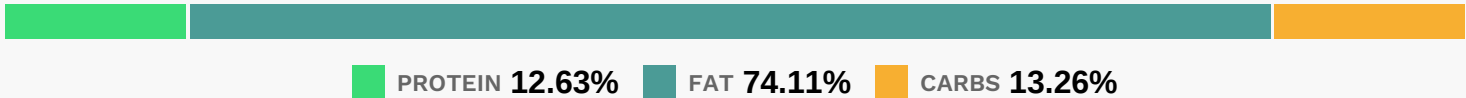
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Blend cheeses, flour, cayenne, and cream in a food processor until smooth. Put in a small fondue pot or slow-cooker to let melt, about 20 minutes.
- ☐ Sprinkle with nuts and onion and serve with crackers.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:10.566086984199%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 419.78kcal (20.99%), Fat: 35.07g (53.95%), Saturated Fat: 17.41g (108.79%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 13.06g (4.75%), Sugar: 2.95g (3.27%), Cholesterol: 80.49mg (26.83%), Sodium: 462.4mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.89%), Calcium: 365.03mg (36.5%), Phosphorus: 283.64mg (28.36%), Vitamin A: 981.86IU (19.64%), Manganese: 0.38mg (19.12%), Selenium: 13.28µg (18.97%), Vitamin B2: 0.31mg (18.37%), Zinc: 1.98mg (13.22%), Vitamin K: 13.47µg (12.83%), Vitamin B1: 0.14mg (9.21%), Vitamin E: 1.27mg (8.45%), Vitamin B12: 0.49µg (8.08%), Folate: 26.36µg (6.59%), Magnesium: 25.54mg (6.39%), Iron: 1.13mg (6.29%), Copper: 0.12mg (5.8%), Vitamin B3: 0.98mg (4.91%), Fiber: 1.06g (4.24%), Vitamin D: 0.61µg (4.08%), Vitamin B5: 0.4mg (4.02%), Vitamin B6: 0.07mg (3.67%), Potassium: 125.29mg (3.58%)