



Mummified Cheese Log

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 6 servings round buttery crackers assorted
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 8 ounce cream cheese light softened
- ☐ 1 teaspoon mustard
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 1 cup sharp cheddar cheese shredded

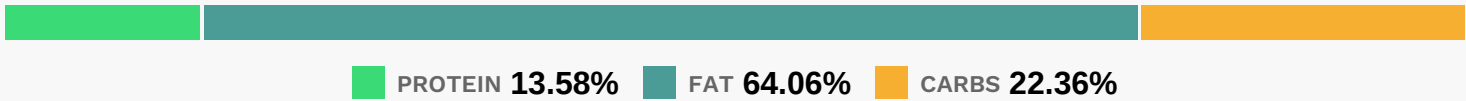
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Place pecans on an ungreased baking sheet.
- ☐ Bake at 350 degrees for 8 minutes, stirring twice; let cool.
- ☐ Place cream cheese, onions, mustard, garlic and hot pepper sauce in a bowl. Beat with an electric mixer on slow speed for about 3 minutes. Stir in Cheddar cheese. Form into a mummy-shaped log and wrap in plastic wrap. Chill for 15 to 20 minutes.
- ☐ Mix parsley with toasted pecans and spread on a baking sheet or wax paper. Unwrap log and roll in parsley mixture, covering completely. Wrap again in plastic wrap and store in refrigerator until ready to serve.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:10.497826016468%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Epigallocatechin 3–gallate: 0.1mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg
Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg,
Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin:
0.38mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 266.87kcal (13.34%), Fat: 19.23g (29.59%), Saturated Fat: 8.22g (51.35%), Carbohydrates: 15.1g (5.03%),
Net Carbohydrates: 14.03g (5.1%), Sugar: 3.91g (4.35%), Cholesterol: 39.24mg (13.08%), Sodium: 415.94mg
(18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.35%), Vitamin K: 61.55µg (58.62%), Calcium:
225.81mg (22.58%), Phosphorus: 205.16mg (20.52%), Manganese: 0.32mg (16.08%), Vitamin A: 666.8IU (13.34%),
Vitamin B2: 0.21mg (12.32%), Selenium: 8.14µg (11.63%), Vitamin B12: 0.55µg (9.12%), Vitamin B1: 0.13mg (8.61%),
Zinc: 1.27mg (8.46%), Folate: 31.09µg (7.77%), Iron: 1.18mg (6.58%), Vitamin E: 0.92mg (6.12%), Vitamin C: 4.7mg
(5.7%), Copper: 0.1mg (5.16%), Vitamin B5: 0.52mg (5.15%), Potassium: 178.21mg (5.09%), Magnesium: 19.54mg
(4.88%), Vitamin B3: 0.96mg (4.81%), Fiber: 1.08g (4.31%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.23µg (1.51%)