



# Old-Fashioned Pounded Cheese With Walnuts and Port Syrup From 'The New Midwestern Table

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pinch ground pepper
- 7 ounces cheddar cheese at room temperature (3 years old )
- 1 teaspoon dijon mustard
- 1 tablespoon brown sugar light packed ( )
- 0.5 cup port wine

- 6 tablespoons butter salted cold ()
- 0.3 cup walnut halves toasted

## Equipment

- food processor
- sauce pan

## Directions

- To make the port syrup, combine the port and brown sugar in a small saucepan over medium-high heat. Simmer gently until reduced to a light syrup (it will start to throw bigger bubbles and should be the consistency of maple syrup), about 3 minutes.
- Let cool to room temperature.
- Break the cheddar cheese into chunks and drop them into a food processor. Process until pureed.
- Add the butter, mustard, black pepper, and cayenne and process, stopping often to scrape down the sides, until whipped and smooth.
- Transfer the cheese to a shallow dish, break up the walnut halves and drop them on top, and drizzle with the port syrup. Note: The pounded cheese can be made a few hours ahead and kept at room temperature. Or it can be made the day before and kept in the refrigerator; just be sure to bring it back to room temperature before garnishing with the port syrup and nuts.

## Nutrition Facts

 PROTEIN **11.73%**  FAT **79.68%**  CARBS **8.59%**

## Properties

Glycemic Index:32.17, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:6.4086956922775%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Quercetin: 0.39mg,

Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 318.2kcal (15.91%), Fat: 26.87g (41.34%), Saturated Fat: 13.95g (87.18%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 6.02g (2.19%), Sugar: 3.8g (4.22%), Cholesterol: 63.17mg (21.06%), Sodium: 318.01mg (13.83%), Alcohol: 3.06g (100%), Alcohol %: 5.07% (100%), Protein: 8.9g (17.8%), Calcium: 247.75mg (24.77%), Phosphorus: 180.29mg (18.03%), Selenium: 10.23µg (14.62%), Vitamin A: 690.55IU (13.81%), Manganese: 0.26mg (13.24%), Vitamin B2: 0.16mg (9.7%), Zinc: 1.45mg (9.66%), Copper: 0.13mg (6.3%), Vitamin B12: 0.37µg (6.24%), Magnesium: 22.03mg (5.51%), Vitamin E: 0.63mg (4.18%), Folate: 13.85µg (3.46%), Vitamin B6: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.52%), Potassium: 81.25mg (2.32%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 2.11µg (2.01%), Fiber: 0.5g (1.99%), Iron: 0.33mg (1.83%), Vitamin D: 0.2µg (1.32%)