



## Oregano Flavored Oaxaca Cheese

READY IN



65 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

### Ingredients

- 1 teaspoon chipotle powder
- 5 cloves garlic
- 10 ounce round disk oaxaca cheese
- 0.5 cup olive oil
- 1 tablespoon mexican oregano dried crumbled
- 2 bolillo rolls sliced

### Equipment

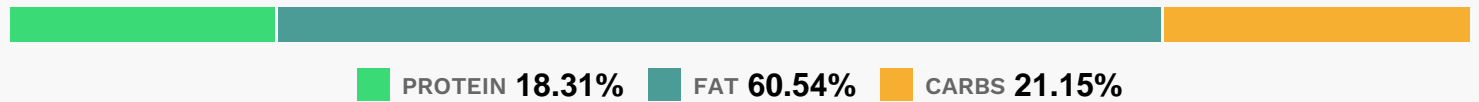
- bowl

- whisk
- mixing bowl

## Directions

- In a small mixing bowl, whisk together the olive oil, oregano, chipotle powder and garlic until well combined.
- Meanwhile, carve out about a 1-inch-deep hole in the center of the cheese to form a bowl.
- Place the cheese in a glass bowl and pour the olive oil mixture inside the cavity and all over the cheese, including the sides.
- Let stand for 1 hour at room temperature.
- Serve alongside sliced bolillo rolls.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:7.9, Inflammation Score:-6, Nutrition Score:2.5934782455797%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 265.12kcal (13.26%), Fat: 17.93g (27.58%), Saturated Fat: 10.64g (66.51%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 13.22g (4.81%), Sugar: 1.53g (1.7%), Cholesterol: 17.01mg (5.67%), Sodium: 525.61mg (22.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Iron: 3.98mg (22.09%), Vitamin K: 7.74µg (7.37%), Vitamin E: 0.8mg (5.33%), Calcium: 46.61mg (4.66%), Manganese: 0.09mg (4.45%), Fiber: 0.88g (3.51%), Vitamin A: 123.16IU (2.46%), Vitamin B6: 0.05mg (2.33%)