



Party Cheese Plate

READY IN



10 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

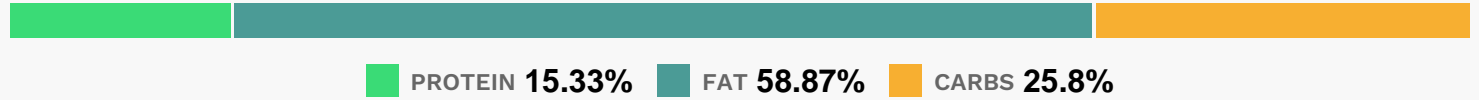
- 12 sprigs rosemary fresh (4 inch)
- 8 olives green pitted
- 8 kalamata olives pitted
- 0.5 lb grapes green red seedless
- 16 ritz crackers
- 16 large wheat snack crackers thin
- 8 oz cracker barrel vermont sharp-white cheddar cheese sliced

Equipment

Directions

- Thread 1 each Kalamata and green olive onto each rosemary sprig.
- Serve on platter with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:2.43, Inflammation Score:-3, Nutrition Score:5.3760869814002%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 194.38kcal (9.72%), Fat: 12.95g (19.92%), Saturated Fat: 6.08g (38%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 11.84g (4.3%), Sugar: 5.53g (6.14%), Cholesterol: 28.35mg (9.45%), Sodium: 393.01mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.17%), Calcium: 219.54mg (21.95%), Phosphorus: 152.31mg (15.23%), Selenium: 8.4µg (12%), Vitamin B2: 0.16mg (9.5%), Vitamin K: 7.93µg (7.55%), Zinc: 1.1mg (7.34%), Vitamin A: 338.6IU (6.77%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.3µg (5.01%), Vitamin B1: 0.06mg (3.74%), Fiber: 0.93g (3.74%), Copper: 0.06mg (3.14%), Iron: 0.56mg (3.1%), Magnesium: 11.8mg (2.95%), Manganese: 0.06mg (2.84%), Folate: 11.24µg (2.81%), Vitamin B6: 0.05mg (2.53%), Potassium: 87.48mg (2.5%), Vitamin B3: 0.38mg (1.91%), Vitamin B5: 0.16mg (1.57%), Vitamin C: 0.94mg (1.14%), Vitamin D: 0.17µg (1.13%)