



## Southwestern Cheese Appetizer

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounce cream cheese chilled
- 3 tablespoons cilantro leaves fresh chopped
- 3 tablespoons parsley fresh chopped
- 3 green onions minced
- 0.3 cup juice of lime fresh
- 8 ounce block monterey jack cheese with peppers, chilled
- 0.5 cup olive oil
- 0.5 teaspoon pepper freshly ground

- 7.5 ounce roasted peppers diced sweet red drained
- 0.5 teaspoon salt
- 8 ounce block sharp cheddar cheese chilled
- 1 teaspoon sugar
- 0.5 cup citrus champagne vinegar

## Equipment

- whisk
- baking pan

## Directions

- Whisk together first 3 ingredients until mixture is blended; stir in diced red peppers and next 6 ingredients. Set marinade aside.
- Cut block of Cheddar cheese in half lengthwise.
- Cut halves crosswise into 1/4-inch-thick slices. Repeat procedure with Monterey Jack cheese and cream cheese.
- Arrange cheese slices alternately in a shallow baking dish, standing slices on edge.
- Pour marinade over cheeses. Cover and chill at least 8 hours.
- Transfer cheese to a serving plate, and spoon remaining marinade over top.
- Serve with assorted crackers.

## Nutrition Facts

    
**PROTEIN 17.34%** **FAT 76.34%** **CARBS 6.32%**

## Properties

Glycemic Index:19.44, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:6.9956521651019%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.1mg,

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## **Nutrients (% of daily need)**

Calories: 180.2kcal (9.01%), Fat: 15.4g (23.69%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.58g (1.76%), Cholesterol: 41.11mg (13.7%), Sodium: 296.99mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Vitamin C: 19.62mg (23.78%), Calcium: 224.66mg (22.47%), Vitamin A: 950.38IU (19.01%), Vitamin K: 19.77µg (18.83%), Phosphorus: 149.01mg (14.9%), Selenium: 7.32µg (10.46%), Vitamin B2: 0.17mg (9.71%), Zinc: 1.07mg (7.15%), Vitamin B12: 0.3µg (4.98%), Vitamin E: 0.7mg (4.66%), Folate: 15.93µg (3.98%), Vitamin B6: 0.07mg (3.57%), Magnesium: 12.08mg (3.02%), Potassium: 88.1mg (2.52%), Vitamin B5: 0.22mg (2.22%), Manganese: 0.04mg (1.84%), Iron: 0.33mg (1.83%), Fiber: 0.4g (1.58%), Vitamin B1: 0.02mg (1.31%), Vitamin D: 0.17µg (1.13%)