



Spanish Fruit and Cheese Stacks

 Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

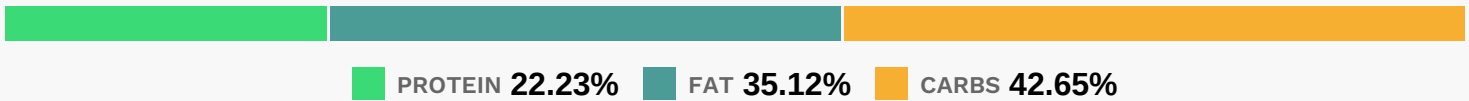
- ☐ 10 oz quinces
- ☐ 6 oz parmesan
- ☐ 2 large pears
- ☐ 3 tablespoons optional: lemon grated

Equipment

Directions

- ☐ Remove quince paste from container.
- ☐ Cut paste crosswise into 12 equal slices; cut each slice diagonally in half for total of 24 slices.
- ☐ Cut cheese into 24 equal slices.
- ☐ Cut each pear in half lengthwise and remove core.
- ☐ Cut each half into 6 equal wedges for total of 24 wedges.
- ☐ To serve, place pear wedges on serving plate; top each wedge with cheese slice and quince paste slice.
- ☐ Sprinkle with lemon peel.

Nutrition Facts



Properties

Glycemic Index:5.18, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:1.7882608622313%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 45.98kcal (2.3%), Fat: 1.87g (2.88%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.25g (1.55%), Sugar: 1.97g (2.19%), Cholesterol: 4.82mg (1.61%), Sodium: 114.24mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Calcium: 87.42mg (8.74%), Phosphorus: 53.79mg (5.38%), Vitamin C: 3.58mg (4.33%), Fiber: 0.87g (3.48%), Selenium: 1.69µg (2.42%), Vitamin B2: 0.03mg (1.91%), Copper: 0.03mg (1.7%), Potassium: 54.57mg (1.56%), Zinc: 0.22mg (1.47%), Vitamin B12: 0.09µg (1.42%), Magnesium: 5.55mg (1.39%), Vitamin A: 65.28IU (1.31%), Iron: 0.19mg (1.04%)