



## Stuffed Cheese Spread

READY IN



205 min.

SERVINGS



10

CALORIES



137 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 7 ounces edam cheese
- ☐ 3 ounces cream cheese softened
- ☐ 0.3 cup marinated artichoke drained chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 1.5 teaspoons basil dried fresh chopped
- ☐ 1 serving round buttery crackers

## Equipment

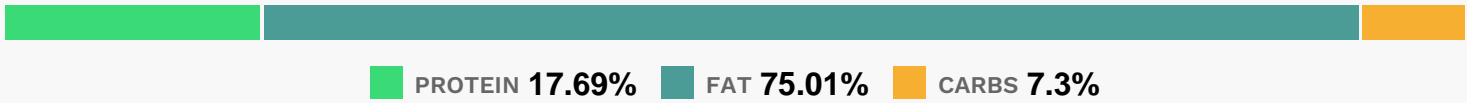
- ☐ food processor

- ☐ knife
- ☐ plastic wrap

## Directions

- ☐ Remove outer plastic wrap of cheese.
- ☐ Cut just through top of wax (not through cheese), making 8 equal wedges. Carefully pull back wax wedges from center toward outside edge. Hollow out cheese with knife or spoon, leaving 1/2-inch-thick side and bottom; reserve cheese shell. Finely chop enough of the scooped-out cheese to measure 1 cup.
- ☐ Place 1 cup chopped cheese, the cream cheese, artichoke hearts, 3 tablespoons of the pine nuts and the basil in food processor. Cover and process until well mixed.
- ☐ Pack half of the mixture ( 2/3 cup) into cheese shell. Reserve other half for refilling. Press remaining pine nuts lightly into top of cheese. Cover and refrigerate until filling is firm, about 3 hours but no longer than 1 week.
- ☐ Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.4, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:4.7195652334586%

## Nutrients (% of daily need)

Calories: 137.05kcal (6.85%), Fat: 11.58g (17.81%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.21g (0.81%), Sugar: 0.91g (1.01%), Cholesterol: 26.25mg (8.75%), Sodium: 251.5mg (10.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Manganese: 0.32mg (16.18%), Calcium: 160.68mg (16.07%), Phosphorus: 139.65mg (13.97%), Zinc: 1.02mg (6.83%), Vitamin A: 330.03IU (6.6%), Vitamin B2: 0.11mg (6.5%), Vitamin K: 5.83µg (5.55%), Vitamin B12: 0.32µg (5.41%), Selenium: 3.71µg (5.3%), Magnesium: 16.56mg (4.14%), Vitamin E: 0.51mg (3.38%), Iron: 0.53mg (2.92%), Copper: 0.06mg (2.92%), Potassium: 74.53mg (2.13%), Vitamin B1: 0.03mg (1.92%), Folate: 6.71µg (1.68%), Vitamin C: 1.08mg (1.31%), Vitamin B6: 0.03mg (1.3%), Vitamin B3: 0.26mg (1.29%), Fiber: 0.32g (1.27%), Vitamin B5: 0.12mg (1.22%)