



Stuffed Cheese Spread

READY IN



205 min.

SERVINGS



10

CALORIES



208 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 10 servings round buttery crackers
- ☐ 3 ounces cream cheese softened
- ☐ 7 ounces edam cheese
- ☐ 0.3 cup marinated artichoke drained chopped
- ☐ 0.3 cup pinenuts toasted

Equipment

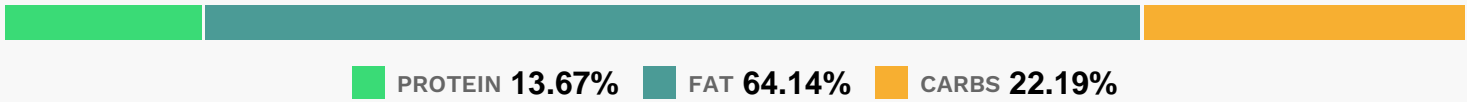
- ☐ food processor
- ☐ knife

☐ 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:6.3126087629277%

Nutrients (% of daily need)

Calories: 207.55kcal (10.38%), Fat: 14.91g (22.95%), Saturated Fat: 6.29g (39.33%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 11.01g (4.01%), Sugar: 2.08g (2.31%), Cholesterol: 26.25mg (8.75%), Sodium: 378.39mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Manganese: 0.39mg (19.33%), Calcium: 179.49mg (17.95%), Phosphorus: 178.55mg (17.86%), Vitamin K: 10.45µg (9.96%), Vitamin B2: 0.15mg (8.64%), Zinc: 1.1mg (7.35%), Vitamin E: 0.99mg (6.63%), Vitamin A: 328.92IU (6.58%), Selenium: 4.37µg (6.24%), Vitamin B1: 0.09mg (6.15%), Iron: 1.03mg (5.75%), Vitamin B12: 0.32µg (5.41%), Vitamin B3: 0.95mg (4.76%), Magnesium: 18.23mg (4.56%), Folate: 16.61µg (4.15%), Copper: 0.07mg (3.65%), Potassium: 87.72mg (2.51%), Fiber: 0.59g (2.37%), Vitamin B5: 0.17mg (1.74%), Vitamin B6: 0.03mg (1.63%), Vitamin C: 1.08mg (1.31%)