



Three-Cheese Party Wheel

READY IN



15 min.

SERVINGS



20

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz corn flakes/bran flakes
- 8 oz sharp cheddar cheese
- 8 oz creamy pimiento cheese
- 0.3 cup almonds toasted sliced
- 0.3 cup parsley fresh finely chopped
- 80 round buttery crackers assorted
- 1 serving currants fresh

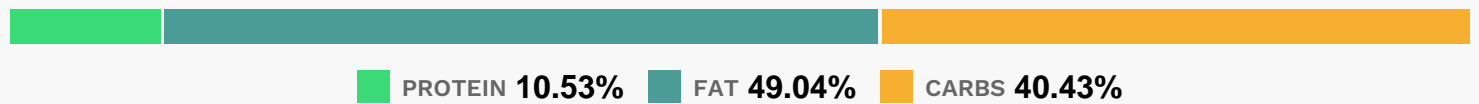
Equipment

spatula

Directions

- On sheet of waxed paper, spread Swiss almond cheese into 5-inch round, about 1/2 inch thick. With small metal spatula, smooth side and top.
- Evenly spread Cheddar cheese over Swiss cheese; smooth side and top.
- Evenly spread cream cheese spread over top; smooth side and top to even layers.
- Sprinkle almonds over top; press in lightly. Press parsley into side of cheese wheel.
- Serve immediately, or wrap in waxed paper and refrigerate until serving time.
- To serve, place cheese wheel on serving plate; arrange crackers around cheese.
- Garnish with currants.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:5.2, Inflammation Score:-6, Nutrition Score:10.870869522509%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 184.62kcal (9.23%), Fat: 10.14g (15.6%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 16.28g (5.92%), Sugar: 4.24g (4.71%), Cholesterol: 17.52mg (5.84%), Sodium: 359.21mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Manganese: 0.5mg (24.91%), Folate: 88.31µg (22.08%), Iron: 3.82mg (21.22%), Vitamin K: 18.73µg (17.84%), Vitamin B2: 0.25mg (14.97%), Calcium: 149.05mg (14.9%), Phosphorus: 141.63mg (14.16%), Selenium: 9.76µg (13.95%), Vitamin B1: 0.21mg (13.79%), Vitamin B3: 2.54mg (12.69%), Vitamin B12: 0.69µg (11.45%), Vitamin A: 563.43IU (11.27%), Vitamin B6: 0.21mg (10.51%), Fiber: 2.52g

(10.09%), Magnesium: 34.81mg (8.7%), Zinc: 1.1mg (7.34%), Vitamin E: 0.89mg (5.94%), Copper: 0.09mg (4.42%),
Vitamin D: 0.44µg (2.95%), Potassium: 96.43mg (2.76%), Vitamin C: 1.74mg (2.11%), Vitamin B5: 0.2mg (1.98%)