



## Tiered Cheese Slices

READY IN



45 min.

SERVINGS



24

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 ounces cheddar cheese deli-style ( 3 inches square)
- 24 servings round buttery crackers assorted
- 8 ounces cream cheese softened
- 0.3 cup cranberries dried
- 0.3 cup pecans chopped
- 0.5 teaspoon hot sauce hot
- 0.3 teaspoon salt

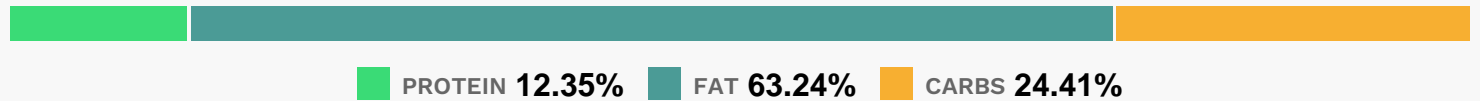
## Equipment

- bowl
- aluminum foil

## Directions

- In a large bowl, combine the cream cheese, hot pepper sauce and salt. Stir in pecans and cranberries.
- On a 12-in. square of aluminum foil, place two slices of cheese side by side; spread with 2–3 tablespoons cream cheese mixture. Repeat layers six times. Top with two cheese slices. (Save remaining cheese slices for another use.)
- Fold foil around cheese and seal tightly. Refrigerate for 8 hours or overnight.
- Cut in half lengthwise and then widthwise into 1/4-in. slices.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:5.1360869342866%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 200.65kcal (10.03%), Fat: 14.22g (21.88%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.81g (4.29%), Sugar: 2.68g (2.98%), Cholesterol: 28.44mg (9.48%), Sodium: 320.89mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Calcium: 168.36mg (16.84%), Phosphorus: 143.61mg (14.36%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.15mg (8.79%), Vitamin K: 8.79µg (8.37%), Manganese: 0.14mg (7.19%), Vitamin A: 317.06IU (6.34%), Zinc: 0.89mg (5.94%), Vitamin B1: 0.09mg (5.74%), Vitamin E: 0.82mg (5.49%), Iron: 0.79mg (4.39%), Folate: 16.59µg (4.15%), Vitamin B3: 0.82mg (4.1%), Vitamin B12: 0.22µg (3.69%), Magnesium: 10.42mg (2.61%), Fiber: 0.54g (2.18%), Copper: 0.04mg (2.11%), Vitamin B5: 0.2mg

(2.04%), Vitamin B6: 0.03mg (1.55%), Potassium: 51.47mg (1.47%)