

Bacon Ranch Cheese Ball

 **Gluten Free**

READY IN



30 min.

SERVINGS



1

CALORIES



2498 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon
- 3 tablespoons olives black chopped
- 16 ounce cream cheese softened
- 4 spring onion chopped
- 1 ounce ranch seasoning
- 0.5 cup sharp cheddar cheese shredded

Equipment

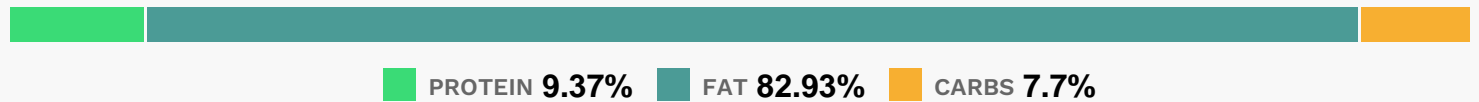
- bowl

- frying pan
- paper towels

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate. Chop the cooled bacon into small pieces.
- Stir together the cream cheese and ranch dressing mix in a bowl until smooth.
- Add the bacon, Cheddar cheese, green onions, and olives; stir until well combined. Shape the mixture into a ball and roll in the chopped pecans. Refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:41.259565208269%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 2497.51kcal (124.88%), Fat: 231.4g (356%), Saturated Fat: 120.53g (753.29%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 46.26g (16.82%), Sugar: 18.49g (20.54%), Cholesterol: 601.75mg (200.58%), Sodium: 5175.92mg (225.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.84g (117.69%), Vitamin A: 7279.6IU (145.59%), Selenium: 82.03µg (117.19%), Vitamin K: 110.58µg (105.31%), Phosphorus: 952.91mg (95.29%), Calcium: 893.08mg (89.31%), Vitamin B2: 1.44mg (84.67%), Zinc: 6.1mg (40.64%), Vitamin E: 6.07mg (40.47%), Vitamin B12: 2.26µg (37.61%), Vitamin B5: 3.59mg (35.93%), Vitamin B1: 0.52mg (34.43%), Vitamin B6: 0.68mg (34.04%), Vitamin B3: 6.06mg (30.3%), Potassium: 1046.17mg (29.89%), Magnesium: 84.16mg (21.04%), Folate: 84.13µg (21.03%), Copper: 0.22mg (11.22%), Vitamin C: 9.02mg (10.94%), Iron: 1.96mg (10.88%), Fiber: 2.04g (8.16%), Manganese: 0.15mg (7.34%), Vitamin D: 0.87µg (5.78%)