



## Boule de Fromage aux Herbes et au Bacon

 Gluten Free

READY IN



140 min.

SERVINGS



1

CALORIES



1972 kcal

### Ingredients

- 0.3 teaspoon pepper black
- 1 pinch cayenne pepper to taste
- 4 slices bacon crumbled cooked
- 12 ounces cream cheese softened
- 1 tablespoon dill weed dried to taste
- 0.5 teaspoon thyme leaves dried
- 3 green onions thinly sliced
- 0.5 teaspoon kosher salt
- 1 tablespoon parsley flakes to taste

- 0.3 cup creamy salad dressing miracle whip® (such as )
- 1 cup cheddar cheese shredded
- 2 dashes worcestershire sauce

## Equipment

- bowl
- plastic wrap

## Directions

- Mix cream cheese, Cheddar cheese, salad dressing, green onions, bacon, 1 teaspoon dill, thyme, black pepper, kosher salt, Worcestershire, and cayenne pepper in a bowl until ingredients are evenly distributed. Cover bowl with plastic wrap.
- Refrigerate cheese mixture for 2 hours.
- Mix 1 tablespoon dill and parsley in a small bowl; spread onto a clean work surface.
- Shape cheese mixture into a ball; roll in dill and parsley to coat.

## Nutrition Facts

■ PROTEIN **12.06%** ■ FAT **80.82%** ■ CARBS **7.12%**

## Properties

Glycemic Index:150, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:42.507391266201%

## Flavonoids

Apigenin: 90.07mg, Apigenin: 90.07mg, Apigenin: 90.07mg, Apigenin: 90.07mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 1971.92kcal (98.6%), Fat: 179.45g (276.08%), Saturated Fat: 96.06g (600.36%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 33.38g (12.14%), Sugar: 20.72g (23.02%), Cholesterol: 488.28mg (162.76%), Sodium: 4138.4mg (179.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.24g (120.48%), Vitamin K: 153.96µg (146.63%), Vitamin A: 6372.18IU (127.44%), Calcium: 1256.97mg (125.7%), Selenium: 79.2µg (113.15%), Phosphorus: 1056.14mg (105.61%), Vitamin B2: 1.45mg (85.08%), Zinc: 7.26mg (48.42%), Vitamin B12: 2.3µg (38.25%), Vitamin E:

5.65mg (37.64%), Potassium: 1026.33mg (29.32%), Vitamin B6: 0.58mg (28.76%), Vitamin B5: 2.82mg (28.18%), Manganese: 0.55mg (27.72%), Magnesium: 105.11mg (26.28%), Iron: 4.24mg (23.55%), Vitamin B1: 0.34mg (22.87%), Vitamin B3: 4.33mg (21.65%), Folate: 82.71µg (20.68%), Vitamin C: 11.59mg (14.05%), Copper: 0.22mg (10.98%), Fiber: 2.22g (8.87%), Vitamin D: 0.81µg (5.37%)