



Buttermilk Ranch Cheeseball



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



2010 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 0.3 cup pecans finely chopped
- ☐ 1 ounce ranch dressing mix hidden valley ranch[®] such as
- ☐ 0.5 pound cheddar cheese shredded
- ☐ 1 tablespoon cup heavy whipping cream sour

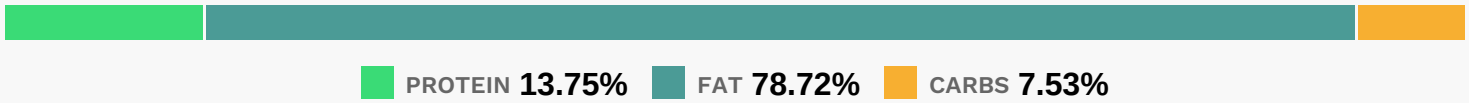
Equipment

- ☐ bowl

Directions

- ☐ Mix the sour cream with ranch dressing mix in a bowl until smoothly combined.
- ☐ Add the cream cheese and Cheddar cheese to the bowl, and mix together with your hands until thoroughly blended. Chill the mixture for 5 minutes, then shape into a ball.
- ☐ Place the pecans into a shallow bowl, and roll all sides of the cheese ball in the pecans to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:4.99, Inflammation Score:-10, Nutrition Score:38.905652222426%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 2009.98kcal (100.5%), Fat: 177.08g (272.43%), Saturated Fat: 92.25g (576.59%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 35.53g (12.92%), Sugar: 10.77g (11.96%), Cholesterol: 462.94mg (154.31%), Sodium: 4325.32mg (188.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.58g (139.17%), Calcium: 1854.64mg (185.46%), Phosphorus: 1366mg (136.6%), Selenium: 85.17µg (121.67%), Vitamin A: 5408.39IU (108.17%), Vitamin B2: 1.58mg (92.79%), Zinc: 10.73mg (71.54%), Manganese: 1.28mg (63.76%), Vitamin B12: 2.93µg (48.8%), Magnesium: 115.82mg (28.95%), Vitamin E: 4.08mg (27.19%), Vitamin B5: 2.5mg (25.05%), Copper: 0.44mg (22.24%), Vitamin B1: 0.3mg (20.01%), Folate: 74.75µg (18.69%), Vitamin B6: 0.35mg (17.28%), Potassium: 600.73mg (17.16%), Vitamin K: 11.34µg (10.8%), Fiber: 2.62g (10.46%), Vitamin D: 1.36µg (9.07%), Iron: 1.31mg (7.28%), Vitamin B3: 0.65mg (3.27%)