



Cheddar-Bacon Balls

READY IN



45 min.

SERVINGS



24

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 2 tablespoons pepper rings hot
- ☐ 0.3 cup butter cubed
- ☐ 8 oz cheddar cheese cubed
- ☐ 24 servings round buttery crackers assorted
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.3 cup pecans toasted finely chopped

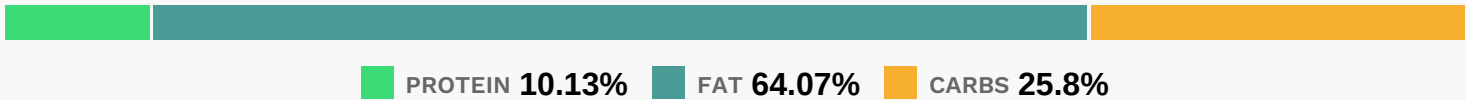
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Cook bacon until crisp; drain, reserving one tablespoon drippings. In a blender or food processor, blend cheese, butter, parsley, green onions and pepper rings.
- ☐ Add bacon and reserved drippings; process until bacon is finely chopped. Chill mixture 3 hours, or until firm. Form mixture into one-inch balls.
- ☐ Roll balls in chopped pecans.
- ☐ Store in refrigerator up to 2 days before serving.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:4.2556521918463%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg 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: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 164.57kcal (8.23%), Fat: 11.77g (18.11%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 10.18g (3.7%), Sugar: 1.39g (1.54%), Cholesterol: 18.16mg (6.05%), Sodium: 255.57mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Vitamin K: 14.93µg (14.22%), Phosphorus: 98.68mg (9.87%), Calcium: 93.83mg (9.38%), Manganese: 0.14mg (6.78%), Selenium: 4.58µg (6.55%), Vitamin B1:

0.1mg (6.41%), Vitamin B2: 0.09mg (5.38%), Vitamin B3: 1.03mg (5.13%), Vitamin E: 0.73mg (4.85%), Iron: 0.81mg (4.49%), Vitamin A: 189.46IU (3.79%), Zinc: 0.56mg (3.76%), Folate: 14.63µg (3.66%), Vitamin B12: 0.13µg (2.19%), Fiber: 0.49g (1.96%), Magnesium: 7.81mg (1.95%), Copper: 0.04mg (1.93%), Vitamin B6: 0.03mg (1.68%), Vitamin B5: 0.14mg (1.42%), Potassium: 45.23mg (1.29%)