



Cheese Pops

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



67 kcal

DESSERT

Ingredients

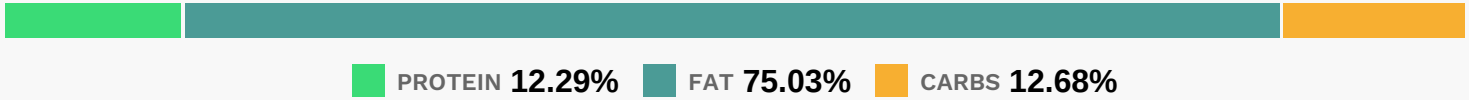
- ☐ 1.5 cups carrots shredded peeled finely
- ☐ 6 oz cream cheese softened
- ☐ 2 teaspoons honey
- ☐ 1 cup pecans finely chopped
- ☐ 48 pretzel sticks
- ☐ 2 cups cheddar cheese shredded finely

Equipment

Directions

☐ Combine cheeses, carrots and honey; chill for one hour. Shape into one-inch balls and then roll in pecans. Chill, then insert pretzel sticks before serving.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:2.7308695160824%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.24kcal (3.36%), Fat: 5.77g (8.88%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.9g (0.99%), Cholesterol: 11.05mg (3.68%), Sodium: 68.35mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin A: 1018.89IU (20.38%), Manganese: 0.14mg (6.97%), Calcium: 52.87mg (5.29%), Phosphorus: 44.21mg (4.42%), Selenium: 2.33µg (3.32%), Vitamin B2: 0.05mg (2.81%), Zinc: 0.4mg (2.66%), Copper: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.84%), Fiber: 0.44g (1.75%), Magnesium: 6.3mg (1.58%), Vitamin B12: 0.08µg (1.28%), Potassium: 41.19mg (1.18%), Folate: 4.65µg (1.16%), Vitamin E: 0.16mg (1.1%), Vitamin B6: 0.02mg (1.04%), Vitamin K: 1.07µg (1.02%)