



Cheese Pumpkins



Vegetarian



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 4 pretzels
- ☐ 8 tablespoons cheddar cheese smoked chilled cold well (from 8-oz container)
- ☐ 16 parsley fresh
- ☐ 2 teaspoons peanuts finely chopped

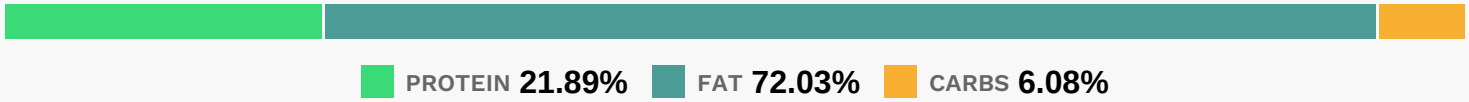
Equipment

- ☐ toothpicks

Directions

- ☐ Line small serving plate with waxed paper.
- ☐ Roll each level tablespoon cold pack cheese food into a ball; place on waxed paper-lined serving plate. Refrigerate 10 to 15 minutes for easier handling.
- ☐ With end of toothpick, draw ridges around balls to resemble pumpkins. Dip bottoms of cheese balls in chopped peanuts.
- ☐ Just before serving, insert pretzel halves into cheese balls for pumpkin stems. Decorate with parsley for leaves. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:4.0400000033171%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 70.86kcal (3.54%), Fat: 5.74g (8.83%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.08g (0.09%), Cholesterol: 15mg (5%), Sodium: 105.69mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Vitamin K: 33.17µg (31.59%), Calcium: 110.25mg (11.03%), Phosphorus: 75.28mg (7.53%), Vitamin A: 318.78IU (6.38%), Selenium: 4.36µg (6.23%), Vitamin B2: 0.07mg (4.2%), Zinc: 0.6mg (4.02%), Vitamin C: 2.67mg (3.24%), Vitamin B12: 0.16µg (2.65%), Folate: 10.05µg (2.51%), Manganese: 0.04mg (2.09%), Magnesium: 7.51mg (1.88%), Vitamin B3: 0.26mg (1.28%), Iron: 0.22mg (1.22%), Vitamin B1: 0.02mg (1.1%)