



Cheesy Football

READY IN



195 min.

SERVINGS



15

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz philadelphia cream cheese softened
- 2 green onions chopped
- 0.5 cup miracle whip dressing
- 0.5 cup parmesan cheese grated kraft
- 1 cup planters pecans chopped
- 0.3 tsp pepper
- 2 Tbsp pimento strips
- 15 servings ritz crackers
- 8 oz sharp cheddar cheese shredded kraft

Equipment

blender

Directions

- Beat first 5 ingredients with mixer until blended. Stir in onions. Refrigerate several hours.
- Form into football shape; coat with nuts.
- Add pimentos for the lacing.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:7.8608696460724%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 314.07kcal (15.7%), Fat: 25.18g (38.74%), Saturated Fat: 10.86g (67.88%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 13.84g (5.03%), Sugar: 3.72g (4.13%), Cholesterol: 49.33mg (16.44%), Sodium: 460.8mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.41%), Manganese: 0.4mg (19.97%), Calcium: 196.88mg (19.69%), Phosphorus: 186.11mg (18.61%), Vitamin A: 654.62IU (13.09%), Selenium: 9.05µg (12.92%), Vitamin K: 12.82µg (12.21%), Vitamin B2: 0.2mg (11.84%), Vitamin B1: 0.13mg (8.52%), Zinc: 1.26mg (8.38%), Vitamin E: 1.06mg (7.09%), Iron: 1.02mg (5.69%), Copper: 0.11mg (5.68%), Folate: 20.21µg (5.05%), Fiber: 1.25g (5%), Magnesium: 19.49mg (4.87%), Vitamin B3: 0.92mg (4.58%), Vitamin B12: 0.27µg (4.53%), Vitamin B5: 0.36mg (3.64%), Potassium: 115.9mg (3.31%), Vitamin B6: 0.06mg (2.94%), Vitamin C: 2.04mg (2.47%)