



Cheesy Jack-o'-Lantern

READY IN



70 min.

SERVINGS



10

CALORIES



334 kcal

SIDE DISH

Ingredients

- 16 oz philadelphia cream cheese softened
- 3 green onions divided
- 2 slices oscar mayer pepperoni
- 0.3 cup pasilla peppers red finely chopped
- 10 servings ritz crackers
- 8 oz cheddar cheese shredded divided kraft

Equipment

- blender

Directions

- Cut 4-inch length from green end of 1 onion; slice remaining onions. Beat cream cheese and 1-1/4 cups cheddar with mixer until blended. Stir in sliced onions and peppers. Refrigerate 1 hour.
- Shape into ball; roll in remaining cheddar.
- Cut pepperoni into shapes for the jack-o'-lantern's eyes, nose and mouth; press into cheese ball to make face. Insert green onion piece into top for stem.
- Serve with crackers.

Nutrition Facts

PROTEIN 11.15% **FAT 72.6%** **CARBS 16.25%**

Properties

Glycemic Index:14.6, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:8.0434783308402%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 334.15kcal (16.71%), Fat: 27.23g (41.89%), Saturated Fat: 14.46g (90.4%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 13.17g (4.79%), Sugar: 3.32g (3.69%), Cholesterol: 68.88mg (22.96%), Sodium: 438.92mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Calcium: 231.91mg (23.19%), Phosphorus: 199.02mg (19.9%), Vitamin A: 988.95IU (19.78%), Vitamin K: 17.15µg (16.34%), Selenium: 11.2µg (16%), Vitamin B2: 0.25mg (14.93%), Vitamin E: 1.2mg (8.01%), Zinc: 1.19mg (7.93%), Vitamin C: 5.44mg (6.6%), Vitamin B1: 0.09mg (6.19%), Folate: 24.4µg (6.1%), Vitamin B12: 0.35µg (5.76%), Manganese: 0.11mg (5.3%), Iron: 0.88mg (4.87%), Vitamin B3: 0.91mg (4.55%), Vitamin B5: 0.43mg (4.31%), Magnesium: 14.48mg (3.62%), Potassium: 115.27mg (3.29%), Vitamin B6: 0.07mg (3.26%), Fiber: 0.54g (2.16%), Copper: 0.04mg (1.97%)