



Chocolate Chip Cheese Ball

 **Gluten Free**  **Popular**

READY IN



200 min.

SERVINGS



8

CALORIES



456 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 0.5 cup butter softened
- 0.8 cup confectioners' sugar
- 8 ounce cream cheese softened
- 0.8 cup pecans finely chopped
- 0.8 cup semi chocolate chips miniature
- 0.3 teaspoon vanilla extract

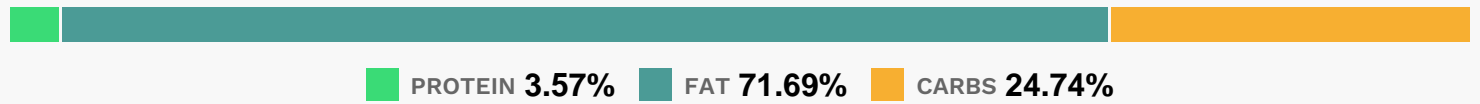
Equipment

bowl

Directions

- In a medium bowl, beat together cream cheese and butter until smooth.
- Mix in confectioners' sugar, brown sugar and vanilla. Stir in chocolate chips. Cover, and chill in the refrigerator for 2 hours.
- Shape chilled cream cheese mixture into a ball. Wrap with plastic, and chill in the refrigerator for 1 hour.
- Roll the cheese ball in finely chopped pecans before serving.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:7.7078260604454%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 455.5kcal (22.78%), Fat: 37.11g (57.1%), Saturated Fat: 18.54g (115.86%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 26.05g (9.47%), Sugar: 23.55g (26.17%), Cholesterol: 60.47mg (20.16%), Sodium: 183.54mg (7.98%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Caffeine: 19.07mg (6.36%), Protein: 4.16g (8.32%), Manganese: 0.76mg (37.98%), Copper: 0.41mg (20.34%), Vitamin A: 752.09IU (15.04%), Magnesium: 54.52mg (13.63%), Phosphorus: 119.84mg (11.98%), Fiber: 2.76g (11.02%), Iron: 1.72mg (9.57%), Zinc: 1.21mg (8.05%), Selenium: 4.93µg (7.05%), Potassium: 212.88mg (6.08%), Vitamin B2: 0.1mg (5.67%), Vitamin E: 0.85mg (5.65%), Vitamin B1: 0.08mg (5.45%), Calcium: 54.43mg (5.44%), Vitamin K: 3.54µg (3.37%), Vitamin B5: 0.34mg (3.36%), Vitamin B6: 0.05mg (2.33%), Vitamin B12: 0.13µg (2.11%), Vitamin B3: 0.34mg (1.71%), Folate: 5.26µg (1.31%)