



 1%
HEALTH SCORE

Christmas Cheese Ball

READY IN



15 min.

SERVINGS



10

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounces cream cheese softened
- 2 cups sharp cheddar cheese shredded
- 1 tablespoon onion finely chopped
- 1 tablespoon pimientos diced
- 1 tablespoon bell pepper diced green
- 2 teaspoons worcestershire sauce
- 1 teaspoon juice of lemon
- 1 serving pecans toasted chopped
- 1 serving round buttery crackers assorted

Equipment

- bowl
- hand mixer
- stand mixer
- cheese knife

Directions

- In a large bowl, stir together the softened cream cheese, shredded cheddar, onion, pimientos, green pepper, Worcestershire sauce and lemon juice until everything is well combined.
Editor's Tip: If you want to make everything a little easier to stir, use a hand mixer or stand mixer to beat the cream cheese a bit so it's fluffy and spreadable.
- Divide the cheese mixture in half, and shape into two balls.
- Place the pecans in a small bowl.
- Roll each ball in the pecans so they adhere to the surface.
- Cover the cheese balls with storage wrap, and chill them in the refrigerator.
- Remove them from the refrigerator 15 minutes before serving. Set the cheese balls out alongside a cheese knife and assorted crackers.

Nutrition Facts

 **PROTEIN 12.42%**  **FAT 80.67%**  **CARBS 6.91%**

Properties

Glycemic Index:14.6, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:5.4939130091149%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 261.57kcal (13.08%), Fat: 23.74g (36.52%), Saturated Fat: 13.6g (84.98%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.47g (1.62%), Sugar: 2.16g (2.4%), Cholesterol: 68.41mg (22.8%), Sodium: 320.27mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Calcium: 208.06mg (20.81%), Vitamin A: 879.95IU (17.6%), Phosphorus: 158.24mg (15.82%), Selenium: 10.39µg (14.84%), Vitamin B2: 0.21mg (12.45%), Zinc: 1.08mg (7.2%), Vitamin B12: 0.34µg (5.66%), Vitamin E: 0.63mg (4.23%), Vitamin B5: 0.36mg (3.62%), Vitamin C: 2.73mg (3.31%), Magnesium: 11.09mg (2.77%), Potassium: 95.69mg (2.73%), Folate: 10.59µg (2.65%), Vitamin B6: 0.05mg (2.48%), Vitamin K: 2.54µg (2.42%), Vitamin B1: 0.03mg (1.8%), Iron: 0.26mg (1.45%), Manganese: 0.02mg (1.21%), Copper: 0.02mg (1.16%)