



Chutney-Bacon Cheese Ball

READY IN



30 min.

SERVINGS



36

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon chopped
- 36 servings round buttery crackers assorted
- 8 ounces cream cheese softened
- 6 spring onion finely chopped
- 9 ounces mint-cilantro chutney spread shopping list
- 8 ounces sharp cheddar cheese shredded

Equipment

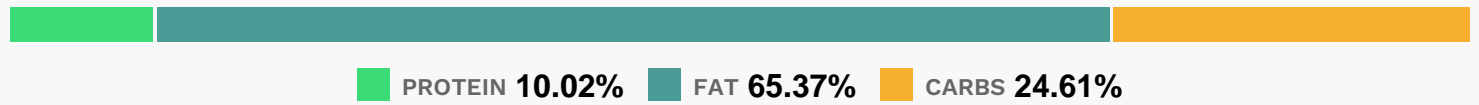
- bowl

- frying pan
- paper towels

Directions

- In a large bowl, combine cheeses. Shape into a ball; top with chutney. Cover and refrigerate for 8 hours or overnight.
- In a large skillet, cook bacon over medium heat until crisp.
- Remove to paper towels; drain.
- Sprinkle bacon and onions over cheese ball.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:2.39, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:4.3821738932444%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 185.91kcal (9.3%), Fat: 13.44g (20.68%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.97g (3.99%), Sugar: 1.61g (1.79%), Cholesterol: 20.98mg (6.99%), Sodium: 394.23mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin K: 12.42µg (11.83%), Phosphorus: 98.16mg (9.82%), Selenium: 5.61µg (8.01%), Calcium: 77.36mg (7.74%), Vitamin B1: 0.11mg (7.32%), Vitamin A: 338.89IU (6.78%), Vitamin B3: 1.31mg (6.54%), Vitamin B2: 0.1mg (5.68%), Vitamin E: 0.73mg (4.83%), Manganese: 0.09mg (4.62%), Iron: 0.81mg (4.52%), Folate: 14.69µg (3.67%), Zinc: 0.52mg (3.45%), Vitamin B6: 0.05mg (2.61%), Vitamin B12: 0.14µg (2.39%), Vitamin B5: 0.19mg (1.93%), Magnesium: 7.22mg (1.8%), Potassium: 62.67mg (1.79%), Vitamin C: 1.4mg (1.69%), Fiber: 0.42g (1.68%), Copper: 0.03mg (1.5%)