



Classic ROKA Cheese Ball

READY IN



130 min.

SERVINGS



22

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

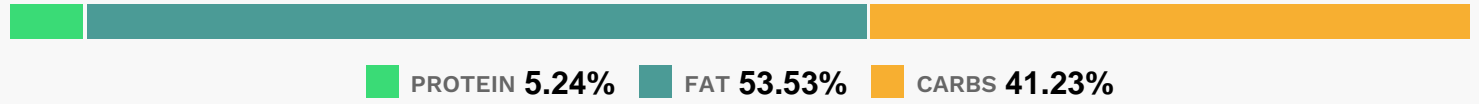
- 8 oz philadelphia cream cheese softened
- 0.3 cup cranberries dried
- 5 oz roka spread blue kraft
- 0.5 tsp garlic powder
- 0.8 cup planters pecans chopped
- 22 servings ritz crackers

Equipment

Directions

- Mix first 3 ingredients until well blended. Refrigerate 2 hours.
- Shape into ball; coat with remaining ingredients.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:2.57, Inflammation Score:-2, Nutrition Score:3.5204347475715%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 160.51kcal (8.03%), Fat: 9.71g (14.94%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.99g (5.81%), Sugar: 5.95g (6.61%), Cholesterol: 10.41mg (3.47%), Sodium: 175.66mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Manganese: 0.25mg (12.32%), Vitamin K: 8.44µg (8.04%), Phosphorus: 65.69mg (6.57%), Vitamin B1: 0.1mg (6.46%), Vitamin E: 0.73mg (4.88%), Iron: 0.85mg (4.74%), Vitamin B2: 0.08mg (4.46%), Vitamin B3: 0.84mg (4.2%), Calcium: 38.47mg (3.85%), Copper: 0.07mg (3.49%), Folate: 13.93µg (3.48%), Fiber: 0.84g (3.37%), Vitamin A: 140.34IU (2.81%), Selenium: 1.9µg (2.72%), Magnesium: 8.42mg (2.1%), Zinc: 0.31mg (2.06%), Vitamin B5: 0.15mg (1.52%), Potassium: 52.96mg (1.51%), Vitamin B6: 0.03mg (1.27%)