



Cookie Dough Cheese Ball

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 1 cup pecans finely chopped
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup semi-sweet chocolate chips mini
- ☐ 0.3 teaspoon vanilla extract

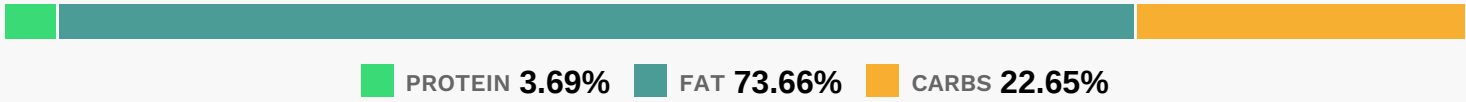
Equipment

☐ plastic wrap

Directions

- ☐ Blend together first 3 ingredients until creamy; add powdered sugar and brown sugar, blending well. Fold in chocolate chips; cover and refrigerate 3 to 4 hours.
- ☐ Shape dough into a ball; wrap in plastic wrap and refrigerate until firm.
- ☐ Roll in pecans before serving.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:21.239565079627%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg

Nutrients (% of daily need)

Calories: 1226kcal (61.3%), Fat: 102.8g (158.15%), Saturated Fat: 49.61g (310.05%), Carbohydrates: 71.14g (23.71%), Net Carbohydrates: 63.3g (23.02%), Sugar: 56.83g (63.15%), Cholesterol: 161.2mg (53.73%), Sodium: 490.27mg (21.32%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 50.17mg (16.72%), Protein: 11.58g (23.16%), Manganese: 2.28mg (113.77%), Copper: 1.14mg (57.24%), Vitamin A: 2008.39IU (40.17%), Magnesium: 151.28mg (37.82%), Phosphorus: 333.55mg (33.35%), Fiber: 7.83g (31.34%), Iron: 4.71mg (26.17%), Zinc: 3.46mg (23.06%), Selenium: 13.3µg (19%), Vitamin B1: 0.26mg (17.05%), Potassium: 591.77mg (16.91%), Vitamin E: 2.33mg (15.56%), Vitamin B2: 0.26mg (15.43%), Calcium: 151.87mg (15.19%), Vitamin B5: 0.95mg (9.48%), Vitamin K: 9.59µg (9.13%), Vitamin B6: 0.14mg (6.88%), Vitamin B12: 0.34µg (5.59%), Vitamin B3: 0.97mg (4.87%), Folate: 15.32µg (3.83%)