



HEALTH SCORE

63%

Dead Man's Cheese Ball



Vegetarian



Gluten Free



Very Healthy

READY IN



140 min.

SERVINGS



1

CALORIES



3716 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup sesame seed black
- ☐ 0.3 cup butter cooled melted
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon horseradish prepared
- ☐ 2 dashes chipotle hot sauce
- ☐ 1 teaspoon mustard hot prepared
- ☐ 0.3 cup port wine
- ☐ 1.3 pounds sharp cheddar cheese shredded

☐ 1 cup cup heavy whipping cream sour

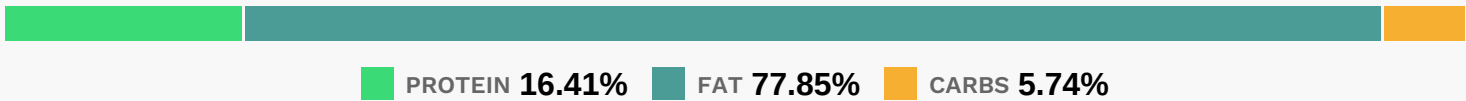
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ potato masher

Directions

- ☐ In the container of a food processor, combine the Cheddar cheese, sour cream, butter, horseradish, hot mustard, chipotle sauce, garlic and port wine. Pulse until smooth. You can use a potato masher in a large bowl but it will take longer.
- ☐ Line a bowl with plastic wrap, and fill with the cheese mixture. Cover and refrigerate for at least 2 hours, or overnight.
- ☐ Toast the sesame seeds in a dry skillet over medium heat just until fragrant, about 3 minutes. Gather the plastic wrap around the cheese mixture and form into a ball.
- ☐ Remove the plastic wrap and roll the ball in sesame seeds to coat.
- ☐ Place in the center of a platter and surround with your favorite chips or crackers.

Nutrition Facts



Properties

Glycemic Index:209, Glycemic Load:7.53, Inflammation Score:-10, Nutrition Score:63.342608866484%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.22mg, Quercetin: 1.22mg,

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Nutrients (% of daily need)

Calories: 3716.11kcal (185.81%), Fat: 320.96g (493.79%), Saturated Fat: 166.51g (1040.68%), Carbohydrates: 53.28g (17.76%), Net Carbohydrates: 43.66g (15.88%), Sugar: 15.94g (17.71%), Cholesterol: 824.7mg (274.9%), Sodium: 4281.77mg (186.16%), Alcohol: 9.18g (100%), Alcohol %: 1.15% (100%), Protein: 152.2g (304.4%), Calcium: 5007.59mg (500.76%), Phosphorus: 3277.05mg (327.7%), Selenium: 198.18µg (283.12%), Zinc: 27.66mg (184.43%), Vitamin B2: 3.11mg (183.09%), Vitamin A: 8543.52IU (170.87%), Copper: 3.34mg (166.92%), Magnesium: 453.08mg (113.27%), Vitamin B12: 6.59µg (109.83%), Manganese: 2.09mg (104.42%), Iron: 12.33mg (68.5%), Vitamin B6: 1.13mg (56.58%), Vitamin B1: 0.83mg (55.6%), Folate: 216.32µg (54.08%), Vitamin E: 6.65mg (44.35%), Fiber: 9.62g (38.49%), Potassium: 1200.62mg (34.3%), Vitamin B5: 3.28mg (32.81%), Vitamin D: 3.4µg (22.68%), Vitamin B3: 4.15mg (20.77%), Vitamin K: 21.36µg (20.34%), Vitamin C: 6.91mg (8.38%)