



Dried Fruit Cheese Ball



Vegetarian



Gluten Free

READY IN



190 min.

SERVINGS



6

CALORIES



504 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 6 ounce fruit mixed dried chopped
- ☐ 2 tablespoons honey
- ☐ 8 ounce mild cheddar cheese shredded
- ☐ 1 cup pecans chopped

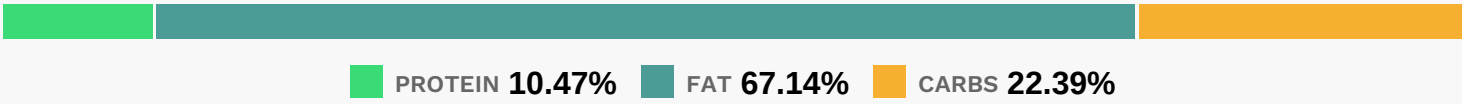
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl combine cream cheese and honey; beat until smooth. Stir in cheese and chopped fruit; mix well.
- ☐ Form into a ball and roll in chopped nuts. Chill for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:8.65, Inflammation Score:-6, Nutrition Score:13.28086941916%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 503.92kcal (25.2%), Fat: 39.2g (60.3%), Saturated Fat: 16.06g (100.35%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 24.88g (9.05%), Sugar: 21.59g (23.99%), Cholesterol: 75.98mg (25.33%), Sodium: 369.01mg (16.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.51%), Manganese: 0.98mg (48.78%), Calcium: 362.97mg (36.3%), Phosphorus: 283.16mg (28.32%), Selenium: 14.86µg (21.23%), Fiber: 4.54g (18.15%), Vitamin A: 899.4IU (17.99%), Vitamin B2: 0.3mg (17.83%), Zinc: 2.6mg (17.34%), Copper: 0.32mg (16.06%), Magnesium: 55.01mg (13.75%), Vitamin B1: 0.16mg (10.91%), Potassium: 349.9mg (10%), Vitamin B12: 0.48µg (8.06%), Vitamin B5: 0.66mg (6.56%), Iron: 1.17mg (6.48%), Vitamin K: 6.76µg (6.44%), Vitamin E: 0.96mg (6.43%), Vitamin B6: 0.12mg (5.86%), Folate: 18.03µg (4.51%), Vitamin B3: 0.45mg (2.25%), Vitamin D: 0.23µg (1.51%)