

Easy Cheese Ball II

 Vegetarian  Gluten Free  Popular

READY IN



125 min.

SERVINGS



8

CALORIES



494 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese softened
- 1.5 cups pecans chopped
- 1 ounce ranch dressing mix
- 2.5 cups cheddar cheese shredded

Equipment

- bowl

Directions

- In a medium size bowl, mash cream cheese.
- Mix dressing mix and Cheddar cheese into the cream cheese. Shape the mixture into a ball.
- Roll the ball in the chopped nuts. Refrigerate covered until ready to serve. Yum!

Nutrition Facts

PROTEIN 10.75% **FAT 82.29%** **CARBS 6.96%**

Properties

Glycemic Index:8, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:11.887391324924%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg

Nutrients (% of daily need)

Calories: 493.6kcal (24.68%), Fat: 46.23g (71.12%), Saturated Fat: 19.5g (121.85%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.84g (2.49%), Sugar: 3.06g (3.4%), Cholesterol: 92.58mg (30.86%), Sodium: 674.76mg (29.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Manganese: 0.93mg (46.47%), Calcium: 318.96mg (31.9%), Phosphorus: 279.01mg (27.9%), Vitamin A: 1126.74IU (22.53%), Selenium: 15.65µg (22.35%), Vitamin B2: 0.31mg (18.39%), Zinc: 2.51mg (16.7%), Copper: 0.27mg (13.36%), Vitamin B1: 0.16mg (10.54%), Magnesium: 39.37mg (9.84%), Vitamin B12: 0.5µg (8.32%), Fiber: 1.96g (7.85%), Vitamin E: 1.04mg (6.92%), Vitamin B5: 0.65mg (6.45%), Potassium: 185.83mg (5.31%), Vitamin B6: 0.1mg (4.95%), Folate: 17.01µg (4.25%), Iron: 0.64mg (3.53%), Vitamin K: 2.75µg (2.62%), Vitamin B3: 0.31mg (1.55%), Vitamin D: 0.21µg (1.41%)