



Hallowed Eve Cheese Pumpkin

READY IN



45 min.

SERVINGS



10

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stalk broccoli
- ☐ 0.5 teaspoon ground pepper
- ☐ 8 ounce approx cream cheese spread softened
- ☐ 10 servings round buttery crackers assorted
- ☐ 8 ounce cream cheese softened
- ☐ 16 oz extra sharp cheddar cheese shredded
- ☐ 2 teaspoons paprika
- ☐ 10 servings parsley finely chopped

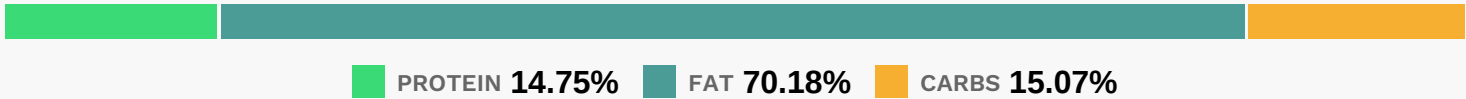
Equipment

☐ knife

Directions

- ☐ Combine all ingredients except broccoli and crackers. Shape mixture to resemble a pumpkin. Trim broccoli stalk, if needed, and press lightly into the top of the pumpkin for a stem. Use a knife to make vertical lines down the sides of the cheese ball. Press seeds into the side of the pumpkin for texture.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:15.223913172017%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 407.43kcal (20.37%), Fat: 32.01g (49.24%), Saturated Fat: 17.36g (108.47%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 14.4g (5.23%), Sugar: 3.35g (3.72%), Cholesterol: 82.33mg (27.44%), Sodium: 621.74mg (27.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.28%), Vitamin K: 90.97µg (86.64%), Calcium: 408.23mg (40.82%), Vitamin A: 1644.2IU (32.88%), Phosphorus: 289.53mg (28.95%), Vitamin C: 18.87mg (22.87%), Selenium: 15.94µg (22.77%), Vitamin B2: 0.32mg (18.94%), Zinc: 2mg (13.33%), Folate: 38.98µg (9.75%), Vitamin E: 1.39mg (9.25%), Vitamin B12: 0.53µg (8.85%), Iron: 1.26mg (7.02%), Manganese: 0.14mg (7%), Vitamin B1: 0.1mg (6.99%), Magnesium: 23.36mg (5.84%), Vitamin B3: 1.02mg (5.11%), Vitamin B5: 0.49mg (4.88%), Vitamin B6: 0.09mg (4.73%), Potassium: 164.91mg (4.71%), Fiber: 1.06g (4.24%), Copper: 0.06mg (2.77%), Vitamin D: 0.27µg (1.81%)