



## Herb-and-Nut Cream Cheese Log

READY IN



10 min.

SERVINGS



12

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 8 oz philadelphia cream cheese softened
- 0.3 cup parsley fresh chopped
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup planters pecans divided toasted chopped
- 12 servings ritz crackers

### Equipment

### Directions

- Mix cream cheese, Parmesan and 1/4 cup nuts.
- Shape into 8-inch log.
- Roll in combined remaining nuts and parsley; press gently into log to secure.
- Serve with crackers.

## Nutrition Facts

**PROTEIN 7.54%**

**FAT 66.61%**

**CARBS 25.85%**

### Properties

Glycemic Index:5.75, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:5.4491304768168%

### Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg,  
 Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg  
 Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg  
 Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate:  
 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:  
 0.09mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin:  
 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,  
 Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

### Nutrients (% of daily need)

Calories: 185.52kcal (9.28%), Fat: 13.97g (21.5%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 12.2g (4.07%), Net  
 Carbohydrates: 11.4g (4.14%), Sugar: 2.19g (2.43%), Cholesterol: 21.51mg (7.17%), Sodium: 249.78mg (10.86%),  
 Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin K: 29.09µg (27.7%), Manganese: 0.28mg  
 (13.92%), Phosphorus: 93.67mg (9.37%), Vitamin A: 385.46IU (7.71%), Calcium: 72.14mg (7.21%), Vitamin B1: 0.1mg  
 (6.94%), Vitamin B2: 0.1mg (6%), Vitamin E: 0.8mg (5.35%), Iron: 0.93mg (5.17%), Selenium: 3.49µg (4.99%),  
 Vitamin B3: 0.86mg (4.32%), Folate: 16.2µg (4.05%), Copper: 0.08mg (3.79%), Zinc: 0.51mg (3.42%), Fiber: 0.81g  
 (3.22%), Magnesium: 11.33mg (2.83%), Vitamin B5: 0.22mg (2.17%), Potassium: 72.94mg (2.08%), Vitamin C: 1.71mg  
 (2.07%), Vitamin B6: 0.03mg (1.61%), Vitamin B12: 0.08µg (1.32%)