



Herman Reunion Cheese Ball

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 ounce cream cheese softened
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 cup pecans coarsely chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 1 pound cheddar cheese shredded
- ☐ 1 tablespoon worcestershire sauce

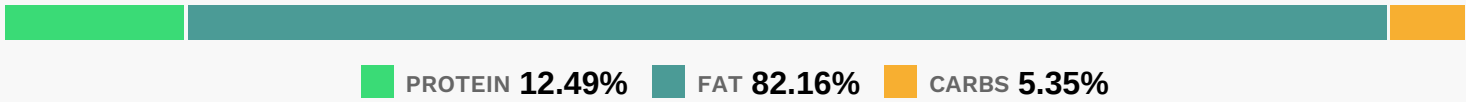
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ In an electric food processor or blender, combine cream cheese, garlic, Worcestershire sauce and hot pepper sauce. Blend well.
- ☐ Add Cheddar cheese and process until the Cheddar is fine, but still very visible. Shape the mixture into balls or logs. Wrap individually in plastic wrap and place in the freezer.
- ☐ While the balls are in the freezer, combine the ground pecans and parsley in a shallow bowl.
- ☐ Remove the balls from the freezer and roll them in the pecan and parsley mixture.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:10.58086960212%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg 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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 411.52kcal (20.58%), Fat: 38.31g (58.94%), Saturated Fat: 19.22g (120.14%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.77g (1.73%), Sugar: 2.75g (3.06%), Cholesterol: 95.07mg (31.69%), Sodium: 473.01mg (20.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Calcium: 331.57mg (33.16%), Phosphorus: 258.53mg (25.85%), Vitamin A: 1253.02IU (25.06%), Selenium: 15.91µg (22.73%), Vitamin K: 22.93µg

(21.84%), Manganese: 0.39mg (19.29%), Vitamin B2: 0.31mg (18.35%), Zinc: 2.06mg (13.75%), Vitamin B12: 0.53µg (8.76%), Magnesium: 26.19mg (6.55%), Copper: 0.13mg (6.35%), Vitamin E: 0.9mg (5.99%), Vitamin B5: 0.56mg (5.57%), Vitamin B1: 0.08mg (5.41%), Potassium: 158.09mg (4.52%), Folate: 16.94µg (4.23%), Vitamin B6: 0.08mg (3.98%), Vitamin C: 2.79mg (3.38%), Fiber: 0.84g (3.36%), Iron: 0.49mg (2.73%), Vitamin D: 0.23µg (1.51%)