



Hot Pepper Cheese Ball

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 1 cup extra sharp cheddar cheese shredded
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 teaspoon onion powder
- ☐ 1 cup pecans chopped
- ☐ 1 cup pepper jack cheese shredded
- ☐ 1 cup cheddar cheese shredded

☐ 1 tablespoon worcestershire sauce

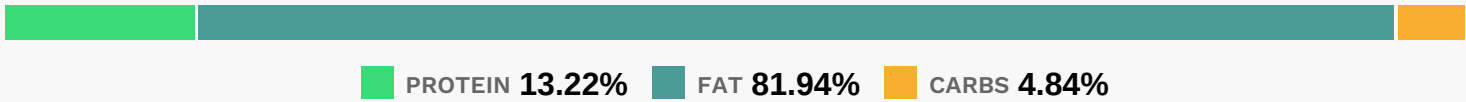
Equipment

☐ bowl

Directions

- ☐ In a large bowl, stir together cream cheese, Cheddar, sharp Cheddar and Pepper Jack cheeses, onion powder, garlic powder, mayonnaise, and Worcestershire sauce. Cover and refrigerate mixture 1 hour.
- ☐ Shape mixture into a ball.
- ☐ Roll ball in chopped pecans.

Nutrition Facts



Properties

Glycemic Index:17.3, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:8.0173913084942%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 309.82kcal (15.49%), Fat: 28.85g (44.39%), Saturated Fat: 12.08g (75.5%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.61g (1.79%), Cholesterol: 56.74mg (18.91%), Sodium: 326.78mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.95%), Calcium: 276mg (27.6%), Manganese: 0.5mg (24.9%), Phosphorus: 210.22mg (21.02%), Selenium: 10.5µg (15%), Vitamin A: 627.2IU (12.54%), Vitamin B2: 0.21mg (12.53%), Zinc: 1.79mg (11.92%), Copper: 0.15mg (7.53%), Vitamin B12: 0.39µg (6.44%), Magnesium: 24.75mg (6.19%), Vitamin K: 6.27µg (5.97%), Vitamin B1: 0.09mg (5.83%), Vitamin E: 0.64mg (4.27%), Fiber: 1.06g (4.24%), Vitamin B5: 0.35mg (3.46%), Potassium: 116.73mg (3.34%), Vitamin B6: 0.06mg (3.1%), Iron: 0.52mg (2.89%), Folate: 11.56µg (2.89%), Vitamin D: 0.21µg (1.39%)