



Mini Smoked Gouda Cheese Balls

 Gluten Free

READY IN



85 min.

SERVINGS



28

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 cup gouda cheese smoked shredded
- ☐ 0.3 cup oz. bacon into pieces cooked (from a jar or package)
- ☐ 0.3 cup sun-dried tomatoes drained finely chopped in oil
- ☐ 1 cup pecans finely chopped

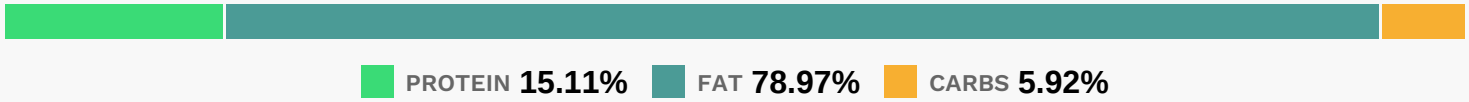
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In medium bowl, mix cream cheese, Gouda cheese and bacon bits until well blended. Stir in tomatoes. Cover; refrigerate 45 to 60 minutes or until firm enough to shape into balls.
- ☐ Place pecans in small shallow bowl. Shape cheese mixture into 28 (1-inch) balls, about 2 teaspoons cheese mixture for each ball.
- ☐ Roll in pecans to coat.
- ☐ Serve immediately, or cover with plastic wrap and refrigerate until ready to serve (up to 24 hours).

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.4526087058627%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg 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

Nutrients (% of daily need)

Calories: 92.22kcal (4.61%), Fat: 8.33g (12.82%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.65g (0.72%), Cholesterol: 19.74mg (6.58%), Sodium: 137.61mg (5.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Manganese: 0.18mg (9.08%), Calcium: 70.19mg (7.02%), Phosphorus: 66.95mg (6.69%), Zinc: 0.55mg (3.69%), Vitamin A: 171.16IU (3.42%), Vitamin B2: 0.06mg (3.27%), Selenium: 2.1µg (3%), Copper: 0.06mg (2.79%), Vitamin B12: 0.15µg (2.47%), Magnesium: 8.69mg (2.17%), Vitamin B1: 0.03mg (2.13%), Fiber: 0.43g (1.72%), Potassium: 52.25mg (1.49%), Vitamin C: 1.04mg (1.26%), Vitamin B5: 0.11mg (1.13%), Vitamin B6: 0.02mg (1.13%)