



Nutty Cheese Log

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 2 tsp grey poupon dijon mustard
- 0.3 tsp garlic powder
- 0.8 cup planters pecans toasted chopped
- 0.5 tsp pepper sauce hot
- 8 oz velveeta cut into 1/2-inch cubes
- 8 oz velveeta cut into 1/2-inch cubes

Equipment

food processor

plastic wrap

Directions

Process all ingredients except nuts in food processor until blended.

Roll into 10-inch log on large sheet of plastic wrap; wrap tightly with plastic wrap.

Refrigerate 3 hours or until firm. Unwrap cheese log; roll in nuts until evenly coated.

Nutrition Facts

PROTEIN 6.24% **FAT 86.75%** **CARBS 7.01%**

Properties

Glycemic Index:4.93, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:1.9595652352209%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 87.72kcal (4.39%), Fat: 8.79g (13.52%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.78g (0.86%), Cholesterol: 15.27mg (5.09%), Sodium: 59.07mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.23mg (11.39%), Vitamin A: 206.56IU (4.13%), Copper: 0.06mg (3.15%), Phosphorus: 30.84mg (3.08%), Vitamin B1: 0.04mg (2.51%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.04mg (2.46%), Zinc: 0.31mg (2.04%), Fiber: 0.51g (2.04%), Magnesium: 7.72mg (1.93%), Calcium: 18.6mg (1.86%), Vitamin E: 0.2mg (1.35%), Vitamin B5: 0.13mg (1.31%), Potassium: 42.1mg (1.2%), Vitamin B6: 0.02mg (1.02%)