



Oh-So-Easy Cheese Log

READY IN



135 min.

SERVINGS



15

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp knudsen cream light sour
- 8 oz philadelphia cream cheese softened
- 1 cup milk italian* three cheese blend shredded 2% kraft
- 1 oz pkt. onion soup mix dry
- 0.7 cup planters pecans toasted finely chopped

Equipment

- plastic wrap

Directions

- Mix first 4 ingredients.
- Shape into log; wrap in plastic wrap. Refrigerate 2 hours.
- Unwrap log; roll in nuts. Firmly press nuts into log to secure.

Nutrition Facts

PROTEIN 11.37% **FAT 78.42%** **CARBS 10.21%**

Properties

Glycemic Index:2.47, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:2.0847825765934%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 115kcal (5.75%), Fat: 10.41g (16.02%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.83g (0.93%), Cholesterol: 17.32mg (5.77%), Sodium: 214.77mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Manganese: 0.21mg (10.61%), Vitamin A: 211.05IU (4.22%), Calcium: 37.64mg (3.76%), Phosphorus: 33.49mg (3.35%), Copper: 0.06mg (3.12%), Vitamin B2: 0.05mg (2.8%), Vitamin B1: 0.04mg (2.56%), Selenium: 1.61µg (2.3%), Fiber: 0.55g (2.19%), Zinc: 0.3mg (2.03%), Magnesium: 7.98mg (1.99%), Potassium: 55.02mg (1.57%), Vitamin B6: 0.03mg (1.45%), Vitamin B5: 0.14mg (1.4%), Vitamin E: 0.2mg (1.33%)