



Party Cheese Ball

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz philadelphia cream cheese softened
- 1 dash ground pepper red (cayenne)
- 1 tsp juice of lemon
- 1 Tbsp onions finely chopped
- 1 cup planters pecans toasted chopped
- 1 Tbsp bell peppers red chopped
- 8 oz sharp cheddar cheese shredded kraft
- 2 tsp lea & perrins worcestershire sauce

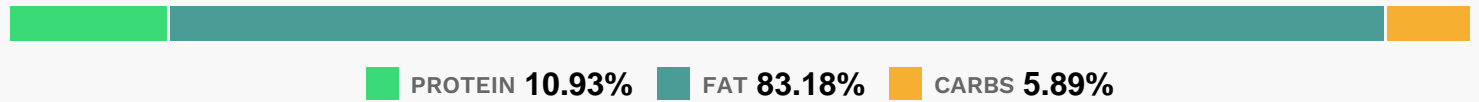
Equipment

- bowl
- blender

Directions

- Beat cream cheese and cheddar in small bowl with mixer until blended.
- Add all remaining ingredients except nuts; mix well.
- Refrigerate several hours.
- Shape into ball; roll in nuts.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:5.0169565314832%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 214.27kcal (10.71%), Fat: 20.3g (31.23%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.59g (1.77%), Cholesterol: 45.66mg (15.22%), Sodium: 204.29mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Manganese: 0.3mg (15.18%), Calcium: 141.93mg (14.19%), Phosphorus: 120.77mg (12.08%), Vitamin A: 584.16IU (11.68%), Selenium: 7.14µg (10.2%), Vitamin B2: 0.15mg (8.63%), Zinc: 1.01mg (6.73%), Copper: 0.09mg (4.58%), Vitamin B12: 0.23µg (3.78%), Magnesium: 15.07mg (3.77%), Vitamin B1: 0.06mg (3.75%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.29mg (2.95%), Fiber: 0.66g (2.64%),

Potassium: 87.78mg (2.51%), Vitamin B6: 0.04mg (2.21%), Folate: 7.9µg (1.97%), Iron: 0.27mg (1.51%), Vitamin C: 1.15mg (1.4%), Vitamin K: 1.28µg (1.21%)