



HEALTH SCORE

60%

Party Cheese Ball



Gluten Free



Very Healthy

READY IN



505 min.

SERVINGS



1

CALORIES



2926 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 1 tablespoon bell pepper green finely chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.5 cup pecans finely chopped
- ☐ 1 tablespoon pimento finely chopped
- ☐ 1 pinch salt
- ☐ 2 cups cheddar cheese shredded

☐ 2 tablespoons worcestershire sauce

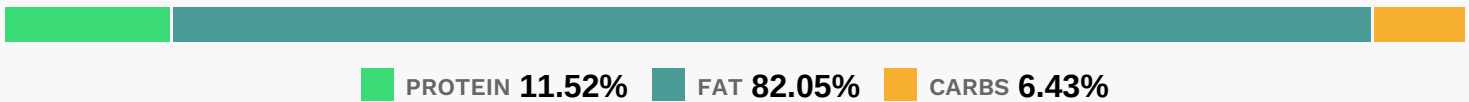
Equipment

☐ bowl

Directions

- ☐ Combine the cream cheese and Cheddar cheese in a bowl; use your hands to mix together.
- ☐ Add the pimento, green pepper, onion, Worcestershire sauce, lemon juice, and salt; mix, and shape into a ball.
- ☐ Spread the pecans onto a plate.
- ☐ Roll the cheese ball in the pecans until evenly coated. Refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:146, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:51.188695762468%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 2925.79kcal (146.29%), Fat: 272.23g (418.82%), Saturated Fat: 138.41g (865.06%), Carbohydrates: 47.99g (16%), Net Carbohydrates: 42.04g (15.29%), Sugar: 24.89g (27.65%), Cholesterol: 684.13mg (228.04%), Sodium: 3386.46mg (147.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86g (171.99%), Calcium: 2117.54mg (211.75%), Vitamin A: 8847.41IU (176.95%), Phosphorus: 1700.9mg (170.09%), Selenium: 105.3µg (150.43%),

Manganese: 2.56mg (128.25%), Vitamin B2: 2.17mg (127.85%), Zinc: 13.17mg (87.78%), Vitamin B12: 3.39µg (56.56%), Copper: 0.9mg (44.98%), Magnesium: 176.09mg (44.02%), Vitamin E: 6.57mg (43.81%), Vitamin C: 34.64mg (41.99%), Vitamin B5: 4.03mg (40.32%), Potassium: 1343.49mg (38.39%), Vitamin B1: 0.57mg (38%), Vitamin B6: 0.6mg (30.18%), Folate: 109.87µg (27.47%), Iron: 4.42mg (24.53%), Fiber: 5.95g (23.8%), Vitamin K: 19.46µg (18.53%), Vitamin D: 1.36µg (9.04%), Vitamin B3: 1.59mg (7.94%)