



## Party Cheese Ball

 Gluten Free

READY IN



195 min.

SERVINGS



24

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 16 ounce philadelphia cream cheese softened
- ☐ 1 dash ground pepper red
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon onion finely chopped
- ☐ 1 cup planters pecans chopped
- ☐ 1 tablespoon bell pepper red chopped
- ☐ 1 dash salt
- ☐ 16 ounce sharp cheddar cheese shredded kraft

☐ 2 teaspoons worcestershire sauce

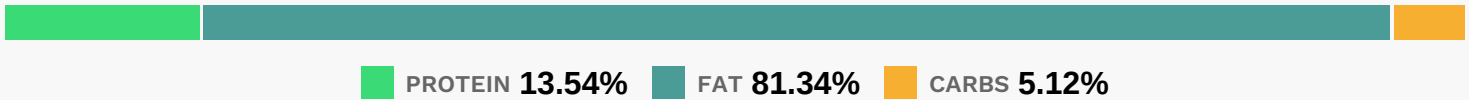
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Beat cream cheese and cheddar cheese in small bowl with electric mixer on medium speed until well blended.
- ☐ Mix in all remaining ingredients except pecans; cover. Refrigerate several hours or overnight.
- ☐ Shape into ball; roll in pecans.
- ☐ Serve with assorted NABISCO Crackers.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:4.29999999898931%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg 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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 172.47kcal (8.62%), Fat: 15.9g (24.46%), Saturated Fat: 7.7g (48.14%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.03g (1.14%), Cholesterol: 37.99mg (12.66%), Sodium: 191.1mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Calcium: 155.52mg (15.55%), Phosphorus: 118.76mg (11.88%), Selenium: 7.14µg (10.19%), Manganese: 0.19mg (9.53%), Vitamin A: 459.79IU (9.2%), Vitamin B2: 0.13mg

(7.84%), Zinc: 0.98mg (6.52%), Vitamin B12: 0.24µg (4.03%), Copper: 0.06mg (3.02%), Magnesium: 11.97mg (2.99%), Vitamin B1: 0.04mg (2.52%), Vitamin E: 0.37mg (2.47%), Vitamin B5: 0.22mg (2.23%), Potassium: 62.14mg (1.78%), Folate: 6.92µg (1.73%), Vitamin B6: 0.03mg (1.71%), Fiber: 0.41g (1.65%), Iron: 0.18mg (1.03%)