



## Party Cheese Wreath

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



169 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 Tbsp bell peppers red chopped
- 8 oz sharp cheddar cheese shredded kraft
- 2 tsp lea & perrins worcestershire sauce

## Equipment

- bowl
- hand mixer
- spatula

## Directions

- Beat cream cheese and cheddar cheese in small bowl with electric mixer on medium speed until well blended.
- Add remaining ingredients; mix well. Cover. Refrigerate several hours or overnight.
- Place drinking glass in center of serving platter. Drop rounded tablespoonfuls of cheese mixture around glass, just touching outer edge of glass to form ring; smooth with spatula.
- Remove glass.
- Garnish with chopped fresh parsley and additional red bell pepper, if desired.
- Serve with assorted crackers and breadsticks.

## Nutrition Facts

**PROTEIN 12.64%** **FAT 81.93%** **CARBS 5.43%**

## Properties

Glycemic Index:9.67, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:3.4465216942455%

## Flavonoids

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: 168.67kcal (8.43%), Fat: 15.55g (23.92%), Saturated Fat: 9.01g (56.33%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.33g (1.48%), Cholesterol: 45.66mg (15.22%), Sodium: 204.29mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Calcium: 137.31mg (13.73%), Vitamin A: 580.47IU (11.61%), Phosphorus: 102.49mg (10.25%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.14mg (8.12%), Zinc: 0.71mg (4.74%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.39mg (2.58%), Vitamin B5: 0.24mg (2.38%), Magnesium: 7.08mg (1.77%), Potassium: 60.72mg (1.73%), Folate: 6.45µg (1.61%), Vitamin B6: 0.03mg (1.51%), Vitamin C: 1.08mg (1.31%)