



Pecan Cheese Ball

READY IN



75 min.

SERVINGS



15

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 oz athenos cheese blue crumbled
- 8 oz philadelphia cream cheese softened
- 0.5 cup planters pecans chopped
- 15 servings ritz crackers
- 1 cup cheddar cheese shredded kraft

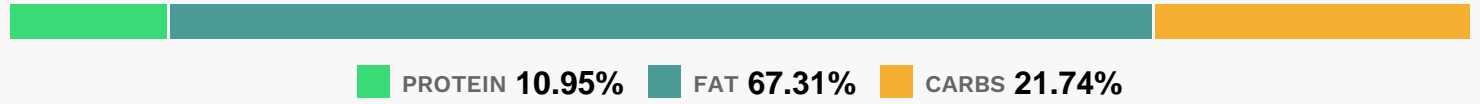
Equipment

- bowl
- hand mixer

Directions

- Beat cheeses in medium bowl with electric mixer on medium speed until well blended.
- Shape into ball; roll in pecans. Cover. Refrigerate at least 1 hour.
- Serve as a spread with crackers.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:5.4104347167456%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 215.2kcal (10.76%), Fat: 16.29g (25.07%), Saturated Fat: 7.17g (44.79%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 11.15g (4.06%), Sugar: 2.07g (2.3%), Cholesterol: 29.18mg (9.73%), Sodium: 335.67mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.93%), Calcium: 139.78mg (13.98%), Phosphorus: 136.42mg (13.64%), Manganese: 0.24mg (11.9%), Vitamin B2: 0.15mg (8.66%), Vitamin K: 8.82µg (8.4%), Selenium: 5.53µg (7.9%), Vitamin A: 345.28IU (6.91%), Vitamin B1: 0.1mg (6.71%), Zinc: 0.83mg (5.5%), Vitamin E: 0.81mg (5.42%), Iron: 0.85mg (4.74%), Vitamin B3: 0.92mg (4.62%), Folate: 18.25µg (4.56%), Vitamin B12: 0.22µg (3.61%), Vitamin B5: 0.35mg (3.52%), Copper: 0.07mg (3.4%), Magnesium: 12.38mg (3.1%), Fiber: 0.68g (2.74%), Potassium: 80.1mg (2.29%), Vitamin B6: 0.04mg (2.22%)