



Pinecone Cheese Ball

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

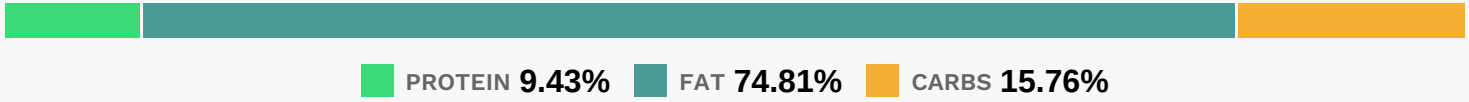
- ☐ 8 ounce cream cheese
- ☐ 8 ounce roasted garlic
- ☐ 3 spring onion chopped
- ☐ 2 cups pecans toasted
- ☐ 16 servings rosemary leaves fresh
- ☐ 4 ounces sharp cheddar cheese shredded

Equipment

Directions

- ☐ Stir together first 4 ingredients. Shape into an oval; chill 2 hours.
- ☐ Arrange pecan halves over cheese oval in overlapping rows beginning at bottom and working upward. Arrange rosemary sprigs at top of pinecone.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:1.66, Inflammation Score:-5, Nutrition Score:7.0026087618392%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 187.19kcal (9.36%), Fat: 16.33g (25.12%), Saturated Fat: 5.03g (31.44%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 6.05g (2.2%), Sugar: 1.24g (1.38%), Cholesterol: 21.4mg (7.13%), Sodium: 93.89mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Manganese: 0.81mg (40.47%), Vitamin B6: 0.22mg (10.97%), Phosphorus: 105.09mg (10.51%), Calcium: 102.97mg (10.3%), Copper: 0.2mg (10.03%), Selenium: 5.72µg (8.17%), Vitamin B1: 0.12mg (7.8%), Zinc: 1.07mg (7.16%), Fiber: 1.69g (6.74%), Vitamin A: 321.26IU (6.43%), Vitamin C: 5.2mg (6.3%), Vitamin B2: 0.1mg (5.82%), Magnesium: 23.07mg (5.77%), Vitamin K: 5.8µg (5.52%), Potassium: 144.64mg (4.13%), Iron: 0.68mg (3.78%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.37mg (2.48%), Folate: 8.44µg (2.11%), Vitamin B12: 0.11µg (1.77%), Vitamin B3: 0.28mg (1.41%)