



Pinecone Cheese Ball

READY IN



10 min.

SERVINGS



10

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings crackers and vegetables fresh assorted
- 1 package cream cheese softened
- 3 ounce cream cheese softened
- 6 ounce deviled ham canned
- 0.7 ounce dressing mix italian
- 10 servings garnish: rosemary sprigs fresh
- 6 ounce almonds smoked unsalted whole canned

Equipment

plastic wrap

Directions

- Combine cream cheese, deviled ham, and dressing mix until well blended. Cover and chill 1 hour.
- Form mixture into a pinecone shape, using hands and plastic wrap. Starting at the bottom, press almonds into cheese mixture at slight angles, forming overlapping rows to resemble a pinecone. Cover loosely, and chill 1 hour.
- Serve with crackers and vegetables.
- Garnish, if desired.
- Note: For testing purposes only, we used Hormel Cure 81 Deviled Ham.

Nutrition Facts

 PROTEIN **12.17%**  FAT **69.21%**  CARBS **18.62%**

Properties

Glycemic Index:13.4, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:10.501739041313%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 332.5kcal (16.63%), Fat: 26.19g (40.29%), Saturated Fat: 8.88g (55.53%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 13.32g (4.84%), Sugar: 3.43g (3.81%), Cholesterol: 41.96mg (13.99%), Sodium: 460.62mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.72%), Vitamin E: 5.29mg (35.23%), Manganese: 0.48mg (24.17%), Vitamin B2: 0.35mg (20.35%), Phosphorus: 195.55mg (19.55%), Vitamin B1: 0.22mg (14.39%), Magnesium: 55.32mg (13.83%), Selenium: 8.01µg (11.45%), Vitamin B3: 2.19mg (10.94%), Copper: 0.22mg (10.78%), Calcium: 103.3mg (10.33%), Fiber: 2.54g (10.15%), Vitamin K: 9.76µg (9.3%), Iron: 1.56mg (8.68%), Vitamin A: 421.75IU (8.44%), Zinc: 1.18mg (7.89%), Potassium: 236.05mg (6.74%), Vitamin B6: 0.12mg (5.9%), Folate: 22.62µg (5.66%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.18µg (2.95%)