



Pumpkin Cheese Ball



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 servings apple wedges green red
- ☐ 1 broccoli stalk
- ☐ 16 ounce blocks cheddar cheese shredded extra-sharp
- ☐ 8 ounce chive-and-onion cream cheese
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons paprika

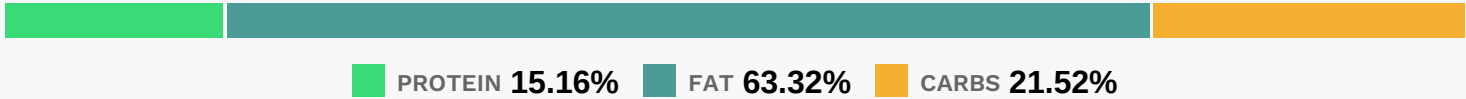
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ offset spatula

Directions

- ☐ Combine Cheddar cheese and next 4 ingredients in a bowl until blended. Cover and chill 4 hours or until mixture is firm enough to be shaped.
- ☐ Shape mixture into a ball to resemble a pumpkin. Smooth entire outer surface with a frosting spatula or table knife. Make vertical grooves in ball, if desired, using fingertips.
- ☐ Cut florets from broccoli stalk, and reserve for another use.
- ☐ Cut stalk to resemble a pumpkin stem, and press into top of cheese ball.
- ☐ Serve cheese ball with apple wedges.
- ☐ Note: To make ahead, wrap cheese ball in plastic wrap without stalk, and store in refrigerator up to 2 days. Attach stalk before serving.

Nutrition Facts



Properties

Glycemic Index:10.31, Glycemic Load:3.18, Inflammation Score:-7, Nutrition Score:11.023478336956%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 246.75kcal (12.34%), Fat: 17.88g (27.5%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 11.08g (4.03%), Sugar: 8.24g (9.16%), Cholesterol: 51.45mg (17.15%), Sodium: 309.04mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Vitamin C: 36.82mg (44.63%), Vitamin K: 41.36µg (39.39%), Calcium: 253.47mg (25.35%), Vitamin A: 1028.72IU (20.57%), Phosphorus: 177.93mg (17.79%), Selenium: 10.21µg (14.59%), Vitamin B2: 0.22mg (13.06%), Fiber: 2.59g (10.37%), Zinc: 1.3mg (8.7%), Folate: 33.23µg (8.31%), Potassium: 234.45mg (6.7%), Vitamin B6: 0.13mg (6.33%), Vitamin E: 0.83mg (5.57%), Manganese: 0.11mg (5.56%), Vitamin B12: 0.33µg (5.53%), Magnesium: 20.58mg (5.14%), Vitamin B5: 0.46mg (4.6%), Vitamin B1: 0.05mg (3.34%), Iron: 0.47mg (2.62%), Copper: 0.05mg (2.47%), Vitamin B3: 0.36mg (1.79%), Vitamin D: 0.17µg (1.13%)