



Pumpkin Patch Cheese Ball

READY IN



45 min.

SERVINGS



12

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon cayenne pepper
- 8 oz chive & onion cream cheese
- 12 servings round buttery crackers assorted
- 8 oz cream cheese softened
- 1 leaf flat parsley leaves
- 12 servings honey-wheat twist pretzel
- 2 teaspoons paprika
- 16 oz cheddar cheese shredded extra-sharp

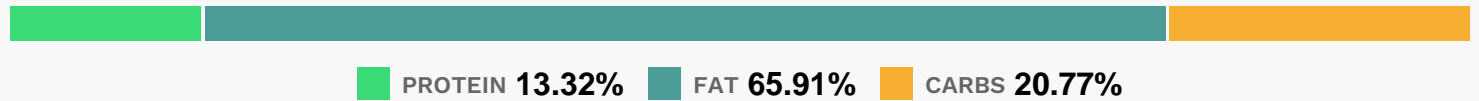
Equipment

- bowl
- knife

Directions

- In a medium bowl, combine cheeses and spices. Cover and refrigerate for 4 hours. Shape mixture into a ball; lightly press into a pumpkin shape. Smooth surface with a table knife. Press pretzel and parsley into top of cheese ball for pumpkin stem and leaf.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:3.56, Inflammation Score:-6, Nutrition Score:8.3604348638783%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 368.48kcal (18.42%), Fat: 27.22g (41.88%), Saturated Fat: 14.59g (91.19%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 18.78g (6.83%), Sugar: 8.51g (9.46%), Cholesterol: 68.61mg (22.87%), Sodium: 535.95mg (23.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.76%), Calcium: 334.32mg (33.43%), Phosphorus: 238.64mg (23.86%), Vitamin A: 1017.99IU (20.36%), Selenium: 13.14µg (18.78%), Vitamin B2: 0.26mg (15.3%), Zinc: 1.61mg (10.75%), Vitamin K: 11.01µg (10.48%), Vitamin E: 1.13mg (7.51%), Vitamin B12: 0.44µg (7.37%), Vitamin B1: 0.09mg (5.83%), Folate: 21.68µg (5.42%), Manganese: 0.1mg (5.25%), Iron: 0.91mg (5.04%), Vitamin B3: 0.87mg (4.34%), Magnesium: 15.85mg (3.96%), Vitamin B5: 0.34mg (3.36%), Vitamin B6: 0.06mg (2.86%), Potassium: 86.47mg (2.47%), Fiber: 0.52g (2.1%), Copper: 0.04mg (2.05%), Vitamin D: 0.23µg (1.51%)