



Ranch Dressing Cheese Log

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

15

CALORIES

calories

314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 servings roasted-garlic bagel chips for serving
- ☐ 0.5 cup buttermilk well
- ☐ 16 ounces cheddar cheese grated room temperature
- ☐ 12 ounces cream cheese room temperature
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup pecans roughly chopped
- ☐ 1 ounce ranch dressing mix such as hidden valley

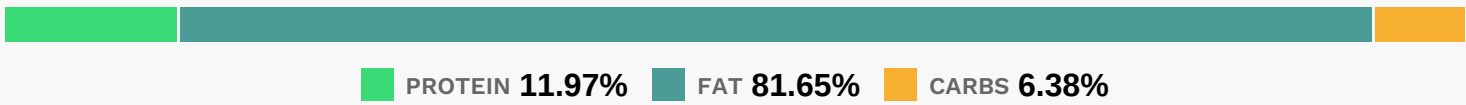
Equipment

- ☐ baking sheet
- ☐ plastic wrap
- ☐ stand mixer
- ☐ wax paper

Directions

- ☐ Watch how to make this recipe.
- ☐ In a stand mixer, beat together the cream cheese, mayonnaise, buttermilk and dressing mix.
- ☐ Add the Cheddar cheese and continue beating until thoroughly blended. Wrap the mixture in plastic wrap and place it in the freezer for 30 minutes. When firm, shape the wrapped cheese mixture into a log.
- ☐ Spread the pecans out on a baking sheet or a piece of wax paper. Unwrap the cheese log and roll it in the nuts to coat it on all sides.
- ☐ Serve with crackers or bagel chips.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:7.2895653183046%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg

Nutrients (% of daily need)

Calories: 313.99kcal (15.7%), Fat: 28.85g (44.38%), Saturated Fat: 11.84g (73.99%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.72g (1.91%), Cholesterol: 57.16mg (19.05%), Sodium: 477.61mg (20.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.03%), Calcium: 250.21mg (25.02%), Phosphorus: 189.41mg (18.94%), Selenium: 11.23µg (16.04%), Manganese: 0.3mg (15.17%), Vitamin K: 13.63µg (12.98%), Vitamin A: 629.34IU (12.59%), Vitamin B2: 0.21mg (12.31%), Zinc: 1.56mg (10.43%), Vitamin B12: 0.42µg (6.94%), Vitamin E: 0.76mg (5.1%), Copper: 0.1mg (4.83%), Magnesium: 19.07mg (4.77%), Vitamin B1: 0.06mg (4.14%), Vitamin B5:

0.35mg (3.54%), Fiber: 0.67g (2.68%), Folate: 10.62µg (2.65%), Potassium: 92.57mg (2.64%), Vitamin B6: 0.05mg (2.55%), Vitamin D: 0.3µg (2%), Iron: 0.3mg (1.65%)