



## RITZ Cheesy Football

READY IN



315 min.

SERVINGS



15

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 tsp pepper black
- 16 oz philadelphia cream cheese softened
- 2 green onions chopped
- 0.5 cup miracle whip dressing
- 0.5 cup parmesan cheese grated kraft
- 2 Tbsp pimento strips
- 3 oz oscar mayer real bacon bits
- 15 servings ritz crackers
- 8 oz sharp cheddar cheese shredded kraft

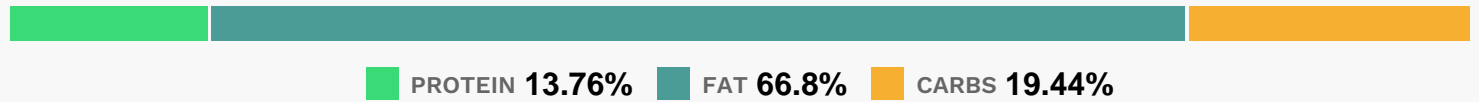
# Equipment

blender

# Directions

- Beat first 4 ingredients with mixer until blended.
- Add onions and pepper; mix well. Refrigerate several hours.
- Form into football shape on serving plate; coat with bacon bits.
- Add pimento strips for the lacing.
- Serve with crackers.

# Nutrition Facts



# Properties

Glycemic Index:10.87, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:6.2926086964815%

# Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

# Nutrients (% of daily need)

Calories: 288.71kcal (14.44%), Fat: 21.64g (33.3%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 13.55g (4.93%), Sugar: 3.46g (3.84%), Cholesterol: 57.43mg (19.14%), Sodium: 630.9mg (27.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Calcium: 192.26mg (19.23%), Phosphorus: 167.82mg (16.78%), Vitamin A: 650.93IU (13.02%), Selenium: 8.8µg (12.57%), Vitamin K: 12.58µg (11.99%), Vitamin B2: 0.19mg (11.33%), Vitamin E: 0.97mg (6.48%), Zinc: 0.96mg (6.39%), Vitamin B1: 0.08mg (5.61%), Manganese: 0.1mg (5.12%), Iron: 0.86mg (4.77%), Folate: 18.76µg (4.69%), Vitamin B12: 0.27µg (4.53%), Vitamin B3: 0.84mg (4.2%), Vitamin B5: 0.31mg (3.07%), Magnesium: 11.5mg (2.87%), Potassium: 88.84mg (2.54%), Fiber: 0.62g (2.47%), Vitamin C: 1.96mg (2.38%), Vitamin B6: 0.04mg (2.25%), Copper: 0.03mg (1.72%)