



Smoky Bacon-Cheddar Cheese Ball

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices hickory-smoked bacon
- ☐ 3 ounces cream cheese softened
- ☐ 0.3 cup green onions sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup pecans chopped
- ☐ 8 oz freshly sharp cheddar cheese shredded

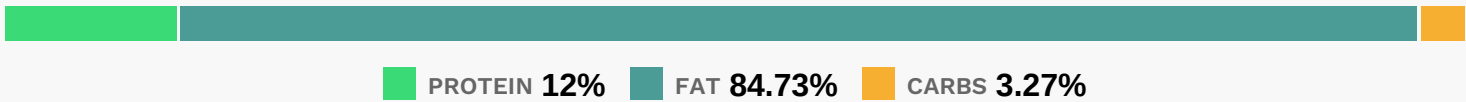
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap

Directions

- ☐ Cook bacon slices in a skillet over medium heat 5 to 8 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon. Saut pecans in hot drippings 2 minutes.
- ☐ Remove from heat, and cool 10 minutes. Stir together Cheddar cheese, mayonnaise, green onions, kosher salt, ground red pepper, softened cream cheese, bacon, and pecans. Shape into a ball. Wrap in plastic wrap. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:4.2339130549327%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 177.82kcal (8.89%), Fat: 16.93g (26.05%), Saturated Fat: 6.03g (37.67%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.48g (0.53%), Cholesterol: 28.75mg (9.58%), Sodium: 284.34mg (12.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Calcium: 117.08mg (11.71%), Vitamin K: 12.2µg (11.62%), Phosphorus: 99.81mg (9.98%), Selenium: 6.8µg (9.72%), Manganese: 0.17mg (8.52%), Zinc: 0.87mg (5.78%), Vitamin B2: 0.09mg (5.54%), Vitamin A: 266.66IU (5.33%), Vitamin B12: 0.22µg (3.71%), Vitamin B1: 0.06mg (3.7%), Vitamin E: 0.43mg (2.89%), Copper: 0.06mg (2.79%), Magnesium: 10.48mg (2.62%), Vitamin B6: 0.05mg

(2.34%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.18mg (1.85%), Potassium: 57.73mg (1.65%), Fiber: 0.4g (1.6%), Folate: 5.84µg (1.46%), Iron: 0.2mg (1.09%)