



Spiced-Cherry Cheese Ball

READY IN



135 min.

SERVINGS



24

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese spread softened
- 0.5 cup cherries dried chopped
- 0.5 cup planters pecans toasted finely chopped
- 0.3 tsp pumpkin pie spice
- 24 servings ritz crackers
- 8 oz cracker barrel vermont sharp cheddar cheese shredded white

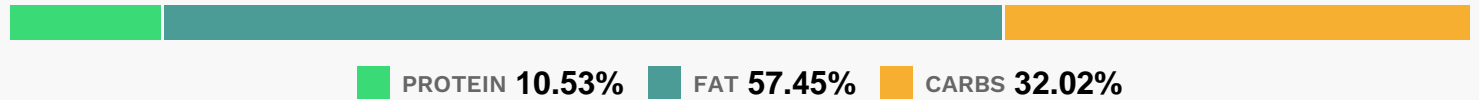
Equipment

- plastic wrap

Directions

- Mix cream cheese and cheddar until blended. Stir in cherries and spice.
- Shape into log; wrap in plastic wrap. Refrigerate at least 2 hours.
- Roll in nuts just before serving.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:1.54, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:3.9747825976785%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 163.05kcal (8.15%), Fat: 10.46g (16.09%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 12.31g (4.48%), Sugar: 3.02g (3.35%), Cholesterol: 15.31mg (5.1%), Sodium: 247.18mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Calcium: 106.63mg (10.66%), Phosphorus: 92.69mg (9.27%), Manganese: 0.18mg (9.15%), Vitamin K: 8.3µg (7.91%), Vitamin B1: 0.09mg (5.81%), Vitamin A: 275.31IU (5.51%), Vitamin B2: 0.09mg (5.1%), Selenium: 3.49µg (4.99%), Iron: 0.83mg (4.59%), Vitamin E: 0.66mg (4.39%), Vitamin B3: 0.81mg (4.05%), Zinc: 0.54mg (3.59%), Folate: 13.96µg (3.49%), Fiber: 0.81g (3.22%), Copper: 0.05mg (2.39%), Magnesium: 8.11mg (2.03%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.12mg (1.16%), Vitamin B6: 0.02mg (1.03%)