



Spicy Cheddar Cheese Football

READY IN



50 min.

SERVINGS



10

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups aged cheddar shredded
- 24 ounce cream cheese softened
- 10 servings hunks of crusty bread french for serving
- 1 cup cranberries dried chopped
- 1 teaspoon hot sauce
- 3 cups pecans toasted finely chopped
- 1 cup romano grated
- 10 servings salt and pepper black freshly ground
- 0.8 cup cup heavy whipping cream sour

- 10 servings sriracha sauce
- 1 teaspoon worcestershire sauce

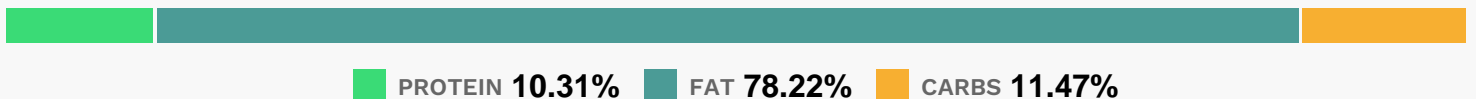
Equipment

- bowl
- baking sheet
- blender
- plastic wrap

Directions

- Combine the cream cheese, Cheddar, romano, sour cream, hot sauce and Worcestershire in a bowl. Using a handheld mixer, whip until combined. Adjust the seasoning with salt and pepper if necessary. Plop the cheese mixture onto a parchment-lined baking sheet and cover in plastic wrap. Using your hands, mold the cheese into a football shape.
- Remove the plastic, cover evenly with the nuts and cranberries and, using Sriracha, draw football laces on top. Set in the fridge for at least 30 minutes to firm up.
- Serve with chips, veggies or hunks of crusty French bread.

Nutrition Facts



Properties

Glycemic Index:20.35, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:16.975652212682%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 695.35kcal (34.77%), Fat: 62.52g (96.18%), Saturated Fat: 25.56g (159.75%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 17.07g (6.21%), Sugar: 13.42g (14.92%), Cholesterol: 123.2mg (41.07%), Sodium: 588.36mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.1%), Manganese: 1.4mg (70.08%), Calcium: 453.02mg (45.3%), Phosphorus: 402.04mg (40.2%), Vitamin A: 1420.87IU (28.42%), Selenium: 19.03µg (27.18%), Vitamin B2: 0.42mg (24.68%), Zinc: 3.27mg (21.8%), Copper: 0.4mg (19.89%), Vitamin B1: 0.24mg (15.87%), Magnesium: 58.12mg (14.53%), Fiber: 3.54g (14.17%), Vitamin B12: 0.66µg (10.95%), Vitamin E: 1.6mg (10.68%), Vitamin B5: 0.92mg (9.16%), Potassium: 281.81mg (8.05%), Vitamin B6: 0.15mg (7.31%), Iron: 1.1mg (6.11%), Folate: 22.84µg (5.71%), Vitamin K: 4.87µg (4.64%), Vitamin B3: 0.57mg (2.86%), Vitamin D: 0.25µg (1.69%), Vitamin C: 0.96mg (1.16%)