



Sweet & Spicy White Cheddar Cheese Ball W/apples & Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apples dried
- 2 teaspoons brandy (I used 1 T. of Finger Lakes Distilling Maplejack)
- 1 teaspoon maple syrup pure
- 6 slices bacon
- 8 ounces cream cheese softened (NOT nonfat)
- 10 ounces extra sharp cheddar cheese shredded
- 0.3 teaspoon ground pepper

- 2 teaspoons t brown sugar dark
- 1 cup pecans sweet

Equipment

- food processor
- frying pan
- paper towels
- spatula
- cutting board

Directions

- Put apple slices in small dish and sprinkle with brandy and maple syrup while you prep the rest of the recipe. Fry bacon in large skillet, turning frequently, until crisp, then set aside on a paper towel lined plate.
- Finely chop apples.
- Combine cream cheese, Adams Reserve New York Extra Sharp Cheddar, cayenne pepper, and apples in food processor. Pulse until mixture is thoroughly mixed and combined.
- Combine pecans, brown sugar, and cooled, crumbled bacon in mini-food processor (or wash out regular processor and dry) until finely chopped.
- Use spatula to remove cheese mixture to a cutting board. Lightly wet hands and roll the cheese into a ball.
- Roll in the bacon pecan mixture and pat to coat.
- Arrange on serving platter with crackers and apple slices dipped in lemon juice/water. Enjoy!

Nutrition Facts

 **PROTEIN 14.73%**  **FAT 76.92%**  **CARBS 8.35%**

Properties

Glycemic Index:6.35, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.3291304347826%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Taste

Sweetness: 45.71%, Saltiness: 85.65%, Sourness: 41.49%, Bitterness: 27.36%, Savoriness: 51.3%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 123.06kcal (6.15%), Fat: 10.62g (16.34%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 2.6g (0.86%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.52g (1.69%), Cholesterol: 20.55mg (6.85%), Sodium: 147.74mg (6.42%), Protein: 4.58g (9.15%), Calcium: 101.44mg (10.14%), Manganese: 0.2mg (9.84%), Phosphorus: 88.19mg (8.82%), Selenium: 4.99µg (7.13%), Zinc: 0.74mg (4.95%), Vitamin B2: 0.08mg (4.94%), Vitamin B12: 0.24µg (3.99%), Vitamin A: 184.94IU (3.7%), Vitamin B1: 0.05mg (3.36%), Copper: 0.06mg (2.99%), Magnesium: 9.85mg (2.46%), Vitamin B5: 0.2mg (1.97%), Vitamin B6: 0.04mg (1.87%), Fiber: 0.46g (1.86%), Potassium: 64.55mg (1.84%), Vitamin B3: 0.29mg (1.46%), Vitamin E: 0.21mg (1.38%), Folate: 5.29µg (1.32%)