



The Great White Pumpkin Cheese Ball

READY IN



15 min.

SERVINGS



15

CALORIES



441 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 oz blocks cheddar cheese white extra-sharp shredded
- ☐ 15 servings crackers and vegetables assorted
- ☐ 8 oz cream cheese softened
- ☐ 8 oz goat cheese logs softened
- ☐ 0.5 teaspoon pepper
- ☐ 15 servings braided pretzel

Equipment

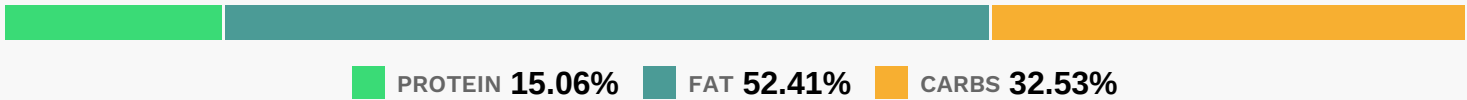
- ☐ knife

- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Stir together first 4 ingredients. Shape mixture into a ball to resemble a pumpkin. Smooth pumpkin's entire surface with metal spatula or table knife. Make vertical grooves in ball, if desired, using fingertips. Press pretzel into top of cheese ball to resemble a pumpkin stem; place muscadine vine and leaf beside pretzel.
- ☐ Serve with crackers and assorted vegetables.
- ☐ *Extra-sharp Cheddar cheese may be substituted.
- ☐ Note: We tested with Cracker Barrel Extra-Sharp Cheddar Cheese. To make ahead, wrap cheese ball in plastic wrap, without stem, vine, or leaf, and store in refrigerator up to two days. Attach stem, vine, and leaf before serving.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:19.66, Inflammation Score:-6, Nutrition Score:12.214347937833%

Nutrients (% of daily need)

Calories: 441.14kcal (22.06%), Fat: 25.83g (39.75%), Saturated Fat: 13.51g (84.41%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 34.68g (12.61%), Sugar: 2.79g (3.1%), Cholesterol: 60.03mg (20.01%), Sodium: 863.46mg (37.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Calcium: 336.11mg (33.61%), Phosphorus: 310.19mg (31.02%), Vitamin B2: 0.4mg (23.59%), Selenium: 14.48µg (20.69%), Manganese: 0.4mg (19.77%), Folate: 76.94µg (19.24%), Vitamin B1: 0.22mg (14.87%), Vitamin A: 738.36IU (14.77%), Iron: 2.46mg (13.67%), Zinc: 2.01mg (13.42%), Vitamin B3: 2.46mg (12.3%), Vitamin K: 10.45µg (9.95%), Copper: 0.19mg (9.67%), Vitamin B12: 0.46µg (7.71%), Vitamin E: 1.14mg (7.61%), Magnesium: 25.84mg (6.46%), Fiber: 1.4g (5.62%), Vitamin B6: 0.1mg (5.22%), Vitamin B5: 0.51mg (5.07%), Potassium: 139.82mg (3.99%), Vitamin D: 0.29µg (1.92%)