



The Heavysset Cheese Ball

 Gluten Free

READY IN



515 min.

SERVINGS



8

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups natural almonds whole
- 3 slices bacon crispy crumbled cooked
- 8 ounce cream cheese
- 0.5 teaspoon dill weed
- 1 tablespoon green onion chopped
- 0.5 cup real mayonnaise
- 8 servings salt and pepper
- 8 servings sprigs for garnish

Equipment

- frying pan
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 300 degrees F.
- Place and spread all the almonds on a cookie sheet or in a shallow pan, pushing the almonds around until they turn color, about 20 minutes.
- Mix together the cream cheese and the mayonnaise.
- Add the bacon, salt and pepper, dill, and onion. Chill overnight.
- On a serving platter, make 2 pine cone shapes with the cheese. Begin to press the almonds at a slight angle into the cheese, starting at the narrow end of the pine cone shape.
- Do this in rows, continuing to overlap rows until all the cheese is covered.
- Garnish with fake sprigs, or real ones, or with rosemary.
- Serve at room temperature and spread on crackers.

Nutrition Facts

 **PROTEIN 8.8%**  **FAT 83.41%**  **CARBS 7.79%**

Properties

Glycemic Index:22.38, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:10.391739188329%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.59mg,

Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 339.09kcal (16.95%), Fat: 32.45g (49.92%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.14g (2.37%), Cholesterol: 37.48mg (12.49%), Sodium: 422.54mg (18.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin E: 6.44mg (42.93%), Manganese: 0.53mg (26.71%), Vitamin K: 24.97µg (23.78%), Vitamin B2: 0.33mg (19.7%), Magnesium: 65.71mg (16.43%), Phosphorus: 153.73mg (15.37%), Copper: 0.25mg (12.37%), Fiber: 2.95g (11.81%), Calcium: 93.78mg (9.38%), Vitamin A: 446.64IU (8.93%), Selenium: 5.2µg (7.43%), Zinc: 0.97mg (6.49%), Potassium: 227.22mg (6.49%), Iron: 1.11mg (6.14%), Vitamin B3: 1.17mg (5.86%), Vitamin B1: 0.07mg (4.76%), Folate: 14.02µg (3.51%), Vitamin B6: 0.07mg (3.38%), Vitamin B5: 0.33mg (3.29%), Vitamin C: 1.75mg (2.12%), Vitamin B12: 0.11µg (1.86%)