



The Perfect Cheese Ball

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese spread
- 0.5 cup cranberries dried
- 0.3 cup pancake syrup
- 0.5 cup planters pecans chopped
- 2 Tbsp port wine
- 8 oz cheddar cheese shredded kraft

Equipment

Directions

- Mix cream cheese spread, cheddar, cranberries and wine until blended. Refrigerate 1 hour.
- Shape into ball or other desired shape; coat with nuts.
- Place on serving plate.
- Drizzle with syrup before serving.

Nutrition Facts

PROTEIN 12.36% **FAT 63.62%** **CARBS 24.02%**

Properties

Glycemic Index:2.47, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.0508695810061%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 153.17kcal (7.66%), Fat: 10.92g (16.8%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.74g (3.18%), Sugar: 3.74g (4.15%), Cholesterol: 24.7mg (8.23%), Sodium: 174.57mg (7.59%), Alcohol: 0.31g (100%), Alcohol %: 0.87% (100%), Protein: 4.77g (9.55%), Calcium: 127.98mg (12.8%), Manganese: 0.17mg (8.38%), Phosphorus: 79.42mg (7.94%), Selenium: 4.48µg (6.39%), Vitamin A: 300.19IU (6%), Zinc: 0.71mg (4.75%), Vitamin B2: 0.07mg (4.29%), Copper: 0.06mg (2.95%), Vitamin B12: 0.16µg (2.67%), Magnesium: 8.52mg (2.13%), Fiber: 0.53g (2.12%), Vitamin B1: 0.03mg (1.84%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.1mg (1.02%)