



White Pumpkin Cheese Ball

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 oz cheddar cheese shredded white extra-sharp
- ☐ 8 oz cream cheese softened
- ☐ 8 oz goat cheese softened
- ☐ 0.5 teaspoon pepper
- ☐ 1 pretzels thick
- ☐ 1 basil
- ☐ 1 thyme leaves
- ☐ 1 serving savory vegetable fresh assorted

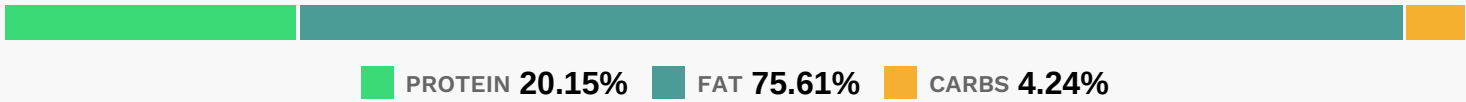
Equipment

- ☐ bowl
- ☐ knife
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ In medium bowl, beat cheeses and pepper with electric mixer on low speed until blended, or mix with spoon. Shape mixture into large ball to look like pumpkin. Smooth surface with metal spatula or table knife. If desired, make vertical grooves in cheese ball with fingertips.
- ☐ Break 1/2-inch piece off pretzel and press into top of cheese ball for pumpkin stem; discard remaining pretzel piece.
- ☐ Place basil leaf and thyme sprig beside pretzel.
- ☐ Serve with crackers and vegetables.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:9.0373913671659%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 314.3kcal (15.71%), Fat: 26.6g (40.92%), Saturated Fat: 15.65g (97.83%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.04g (1.15%), Cholesterol: 75.03mg (25.01%), Sodium: 442.53mg (19.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.89%), Calcium: 381.53mg (38.15%), Phosphorus: 289.83mg (28.98%), Vitamin A: 1313.75IU (26.27%), Selenium: 15.56µg (22.23%), Vitamin B2: 0.33mg (19.47%), Zinc: 2.04mg (13.6%), Vitamin B12: 0.58µg (9.64%), Copper: 0.17mg (8.31%), Vitamin B6: 0.1mg (4.92%), Magnesium: 19.62mg (4.91%), Vitamin B5: 0.45mg (4.46%), Folate: 16.32µg (4.08%), Vitamin E: 0.55mg (3.68%), Iron: 0.56mg (3.08%), Manganese: 0.06mg (2.87%), Vitamin B1: 0.04mg (2.74%), Potassium: 84.22mg (2.41%), Vitamin D: 0.36µg (2.39%), Vitamin K: 2.15µg (2.05%), Fiber: 0.34g (1.36%), Vitamin B3: 0.23mg (1.13%), Vitamin C: 0.93mg (1.13%)