



Apple Cheese Ball

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 inch cinnamon sticks
- ☐ 8 ounce cream cheese softened
- ☐ 1 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 10 servings paprika
- ☐ 8 ounces cheddar cheese white shredded

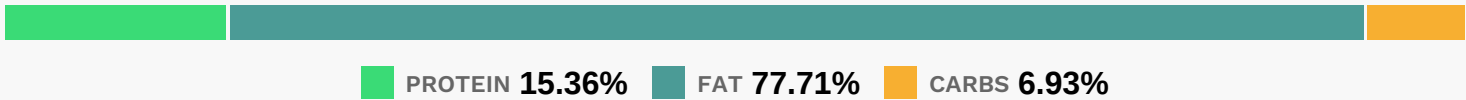
Equipment

☐ food processor

Directions

- ☐ Process first 4 ingredients in a food processor until smooth, stopping to scrape down sides. Chill 30 minutes.
- ☐ Shape cheese mixture into a ball, and make an indentation in the top to resemble an apple. Chill ball 30 minutes.
- ☐ Coat ball heavily with paprika; cover and chill 1 hour.
- ☐ Insert cinnamon stick and bay leaf into indentation to resemble apple stem and leaf.
- ☐ Serve with assorted crackers.
- ☐ *We used Cracker Barrel white Cheddar found in the deli section of the grocery store.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:5.8239130039254%

Nutrients (% of daily need)

Calories: 178.78kcal (8.94%), Fat: 15.78g (24.27%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.15g (1.27%), Cholesterol: 45.59mg (15.2%), Sodium: 221.09mg (9.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Vitamin A: 1528.09IU (30.56%), Calcium: 187.78mg (18.78%), Phosphorus: 135.78mg (13.58%), Selenium: 8.57µg (12.24%), Vitamin B2: 0.18mg (10.44%), Zinc: 1.04mg (6.95%), Vitamin E: 0.96mg (6.39%), Vitamin B12: 0.29µg (4.84%), Vitamin B6: 0.08mg (3.85%), Fiber: 0.76g (3.04%), Magnesium: 12.04mg (3.01%), Iron: 0.51mg (2.84%), Potassium: 97.35mg (2.78%), Vitamin B5: 0.28mg (2.76%), Vitamin K: 2.66µg (2.54%), Manganese: 0.05mg (2.48%), Folate: 7.97µg (1.99%), Copper: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.32%), Vitamin B3: 0.24mg (1.2%)