



Atomic Cheese Ball

 Gluten Free

READY IN



495 min.

SERVINGS



1

CALORIES



2719 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce beef dried chopped
- 24 ounce cream cheese softened
- 1 teaspoon garlic powder
- 1 bunch green onions chopped
- 8 roasted jalapeno peppers seeded chopped to taste
- 1 tablespoon lawry's seasoned salt

Equipment

- bowl

hand mixer

Directions

Beat cream cheese in a medium bowl with an electric mixer until light and fluffy.

Mix green onions, jalapeno peppers, beef, seasoned salt, and garlic powder into cream cheese. Form cheese mixture into a ball; refrigerate 8 hours to overnight.

Nutrition Facts



PROTEIN 9.16% **FAT 83.78%** **CARBS 7.06%**

Properties

Glycemic Index:96, Glycemic Load:11.93, Inflammation Score:-10, Nutrition Score:51.074782485547%

Flavonoids

Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 2719.48kcal (135.97%), Fat: 257.22g (395.72%), Saturated Fat: 146.26g (914.11%), Carbohydrates: 48.78g (16.26%), Net Carbohydrates: 44.75g (16.27%), Sugar: 30.83g (34.25%), Cholesterol: 767.71mg (255.9%), Sodium: 9197.84mg (399.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.27g (126.54%), Vitamin A: 10584.26IU (211.69%), Vitamin C: 137.38mg (166.52%), Selenium: 76.85µg (109.79%), Vitamin B2: 1.83mg (107.91%), Phosphorus: 957.6mg (95.76%), Vitamin K: 86.74µg (82.61%), Calcium: 717.8mg (71.78%), Vitamin E: 10.48mg (69.85%), Vitamin B12: 3.92µg (65.39%), Vitamin B6: 1.28mg (64.04%), Zinc: 8.5mg (56.67%), Vitamin B5: 4.84mg (48.41%), Potassium: 1585.52mg (45.3%), Vitamin B3: 7mg (34.98%), Folate: 116.18µg (29.05%), Magnesium: 104.6mg (26.15%), Iron: 3.81mg (21.18%), Vitamin B1: 0.28mg (18.42%), Fiber: 4.03g (16.12%), Copper: 0.28mg (14.22%), Manganese: 0.28mg (14.03%)