



Aunt Rose's Cheese Ball

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup olives black finely chopped
- ☐ 3 ounces cheese blue
- ☐ 0.5 cup butter melted
- ☐ 16 ounce cream cheese softened
- ☐ 1 teaspoon garlic salt
- ☐ 2 tablespoons green onions finely chopped
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 1 cup walnuts chopped

☐ 2 dashes worcestershire sauce

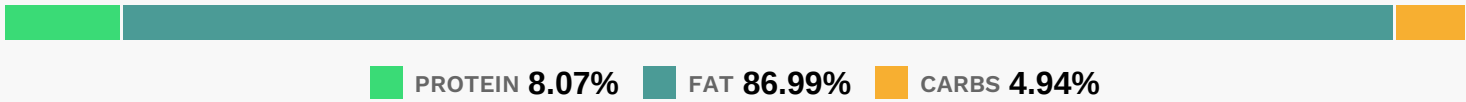
Equipment

☐ bowl

Directions

- ☐ In a large bowl, mix the cream cheese, Cheddar cheese, blue cheese, butter, olives, green onions, garlic salt, and Worcestershire sauce. Cover, and refrigerate 30 minutes, until firm.
- ☐ Form the mixture into 2 balls, and roll in the walnuts to coat.

Nutrition Facts



Properties

Glycemic Index:11.44, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:4.5391304518866%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 237.53kcal (11.88%), Fat: 23.65g (36.38%), Saturated Fat: 11.58g (72.37%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.35g (1.5%), Cholesterol: 51.4mg (17.13%), Sodium: 431.9mg (18.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Vitamin A: 659.57IU (13.19%), Manganese: 0.26mg (12.76%), Phosphorus: 94.6mg (9.46%), Calcium: 92.36mg (9.24%), Vitamin B2: 0.12mg (6.8%), Selenium: 4.68µg (6.69%), Copper: 0.13mg (6.54%), Vitamin E: 0.66mg (4.43%), Zinc: 0.65mg (4.34%), Magnesium: 17.06mg (4.26%), Vitamin B6: 0.07mg (3.42%), Folate: 13.2µg (3.3%), Vitamin B5: 0.32mg (3.19%), Vitamin K: 3.11µg (2.97%), Vitamin B12: 0.18µg (2.95%), Potassium: 92.57mg (2.64%), Fiber: 0.65g (2.59%), Vitamin B1: 0.04mg (2.38%), Iron: 0.31mg (1.71%)