



Blue Cheese Ball

 **Gluten Free**  **Very Healthy**

READY IN



490 min.

SERVINGS



1

CALORIES



3319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cheese blue crumbled
- 16 ounce cream cheese softened
- 0.3 cup onion minced
- 1 cup sharp cheddar cheese shredded
- 1 cup walnut pieces chopped
- 1 tablespoon worcestershire sauce

Equipment


- bowl

plastic wrap

Directions

- In a medium bowl, stir together the cream cheese, blue cheese, Cheddar cheese, onion and Worcestershire sauce.
- Transfer to a separate bowl that has been lined with plastic wrap. Cover and refrigerate overnight.
- The next day, gather the cream cheese mixture into a ball.
- Spread the walnuts out on a dinner plate.
- Roll the cheese ball in nuts until coated. Refrigerate or serve immediately.

Nutrition Facts

 **PROTEIN 11.9%**  **FAT 81.76%**  **CARBS 6.34%**

Properties

Glycemic Index:128, Glycemic Load:10.82, Inflammation Score:-10, Nutrition Score:58.988695766615%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 3319.43kcal (165.97%), Fat: 309.52g (476.19%), Saturated Fat: 145.76g (910.97%), Carbohydrates: 53.98g (17.99%), Net Carbohydrates: 45.46g (16.53%), Sugar: 24.55g (27.28%), Cholesterol: 672.38mg (224.13%), Sodium: 3940.74mg (171.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 101.34g (202.68%), Calcium: 2093.74mg (209.37%), Manganese: 4.12mg (205.97%), Phosphorus: 1951.95mg (195.2%), Vitamin A: 8291.69IU (165.83%), Selenium: 96.58µg (137.97%), Vitamin B2: 2.27mg (133.28%), Copper: 2.08mg (104.14%), Zinc: 13.72mg (91.48%), Magnesium: 293.45mg (73.36%), Vitamin B12: 3.84µg (64.05%), Vitamin B6: 1.23mg (61.62%), Vitamin B5: 6.1mg (61.02%), Folate: 236.77µg (59.19%), Potassium: 1741.72mg (49.76%), Vitamin B1: 0.61mg (40.37%), Vitamin E: 5.93mg (39.51%), Fiber: 8.52g (34.08%), Iron: 5.49mg (30.49%), Vitamin K: 18.97µg (18.06%), Vitamin B3: 3.32mg (16.62%), Vitamin D: 1.35µg (9.02%), Vitamin C: 6.69mg (8.11%)