



Cheddar Cheese Apples

READY IN



140 min.

SERVINGS



24

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces cream cheese softened
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.3 teaspoon ground mustard
- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 serving paprika
- ☐ 1 sticks sage fresh
- ☐ 1 serving round buttery crackers assorted

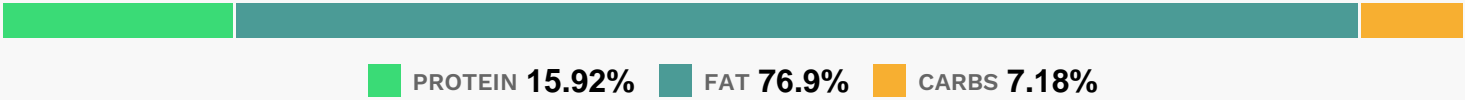
Equipment

☐ bowl

Directions

- ☐ Beat cream cheese, onion, Worcestershire sauce and mustard in large bowl until blended.
- ☐ Mix in Cheddar cheese. Cover and refrigerate about 2 hours or until firm enough to shape.
- ☐ Divide cheese mixture in half. Shape 1 half into a ball on waxed paper.
- ☐ Sprinkle another piece of waxed paper with paprika.
- ☐ Roll cheese ball in paprika, coating thoroughly. Mold into apple shape. Repeat with remaining cheese mixture.
- ☐ To garnish, make small depression in stem ends of apples.
- ☐ Cut 2 small pieces from cinnamon stick. Insert cinnamon stick pieces for stems. Insert sage leaves.
- ☐ Serve cheese balls with crackers.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:1.8213043378099%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 67.53kcal (3.38%), Fat: 5.83g (8.96%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.42g (0.47%), Cholesterol: 16.61mg (5.54%), Sodium: 93.28mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Calcium: 75.53mg (7.55%), Phosphorus: 53.52mg (5.35%), Selenium: 3.37µg (4.81%), Vitamin A: 231.14IU (4.62%), Vitamin B2: 0.06mg (3.61%), Copper: 0.06mg (2.9%), Zinc: 0.39mg (2.62%), Vitamin B12: 0.12µg (1.93%), Vitamin E: 0.18mg (1.21%)