



Cheddar Cheese Apples

 Gluten Free

READY IN



140 min.

SERVINGS



24

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces cream cheese softened
- ☐ 0.3 teaspoon ground mustard
- ☐ 2 tablespoons onion finely chopped
- ☐ 24 servings paprika
- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 teaspoon worcestershire sauce

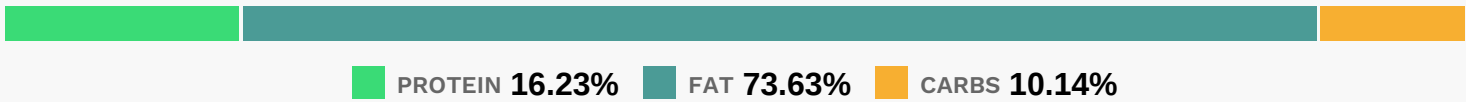
Equipment

- ☐ 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:0.24, Inflammation Score:-6, Nutrition Score:3.3852173847997%

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: 69.63kcal (3.48%), Fat: 5.92g (9.1%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.57g (0.63%), Cholesterol: 16.61mg (5.54%), Sodium: 88.7mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Vitamin A: 1175.17IU (23.5%), Calcium: 78.78mg (7.88%), Phosphorus: 57.71mg (5.77%), Selenium: 3.46µg (4.94%), Vitamin B2: 0.08mg (4.89%), Vitamin E: 0.72mg (4.77%), Zinc: 0.47mg (3.15%), Fiber: 0.71g (2.86%), Vitamin B6: 0.05mg (2.72%), Iron: 0.46mg (2.57%), Vitamin B12: 0.12µg (1.93%), Vitamin K: 1.99µg (1.89%), Potassium: 65.6mg (1.87%), Manganese: 0.04mg (1.76%), Magnesium: 6.94mg (1.74%), Vitamin B5: 0.13mg (1.31%), Vitamin B3: 0.22mg (1.08%)