



Cheddar Cheese Apples

READY IN



140 min.

SERVINGS



24

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

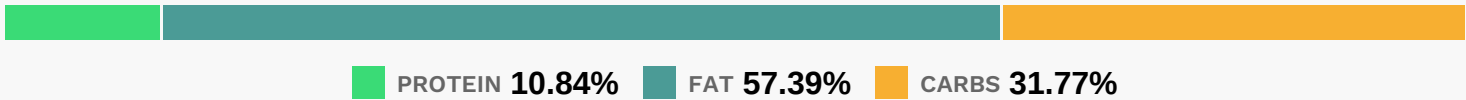
Equipment

☐ 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:-7, Nutrition Score:5.5456521828537%

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: 148.38kcal (7.42%), Fat: 9.63g (14.82%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.91g (3.97%), Sugar: 1.87g (2.08%), Cholesterol: 16.61mg (5.54%), Sodium: 229.82mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin A: 1175.17IU (23.5%), Calcium: 103.53mg (10.35%), Phosphorus: 101.39mg (10.14%), Vitamin K: 9.99µg (9.51%), Vitamin E: 1.27mg (8.49%), Vitamin B2: 0.13mg (7.39%), Iron: 1.18mg (6.55%), Manganese: 0.12mg (6.16%), Selenium: 4.19µg (5.99%), Vitamin B1: 0.08mg (5.5%), Vitamin B3: 1mg (4.99%), Copper: 0.09mg (4.54%), Fiber: 1.08g (4.34%), Folate: 15.33µg (3.83%), Zinc: 0.57mg

(3.8%), Vitamin B6: 0.06mg (3.2%), Magnesium: 10.01mg (2.5%), Potassium: 84.71mg (2.42%), Vitamin B12: 0.12µg (1.93%), Vitamin B5: 0.19mg (1.9%)