



Cheddar-Jack Cheese Ball

READY IN



45 min.

SERVINGS



2

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon nutlike cereal nuggets
- 0.3 cup neufcha@gtel cheese softened
- 24 round buttery crackers fat-free
- 0.3 teaspoon dijon mustard
- 2 teaspoons parsley fresh chopped
- 1 Dash ground pepper red
- 0.5 teaspoon horseradish prepared
- 1 ounce cheddar cheese shredded reduced-fat
- 1 ounce monterrey jack cheese shredded reduced-fat

- 0.5 teaspoon onion minced
- 1 tablespoon nonfat yogurt plain

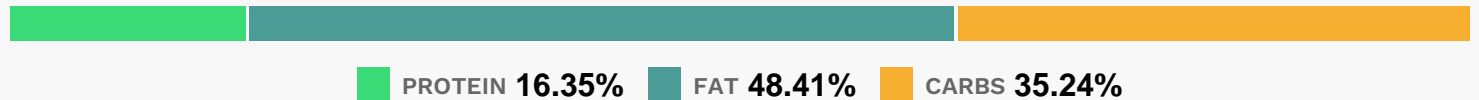
Equipment

- wax paper

Directions

- Combine Neufcha@Gtel cheese and yogurt, stirring until smooth.
- Add Cheddar cheese and next 5 ingredients; stir well. Cover and chill at least 2 hours.
- Shape cheese mixture into a ball. Wrap in wax paper, and chill.
- Combine cereal nuggets and parsley.
- Roll cheese ball in cereal mixture just before serving.
- Serve with fat-free crackers.

Nutrition Facts



Properties

Glycemic Index:142.13, Glycemic Load:3.49, Inflammation Score:-6, Nutrition Score:13.883043330649%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 343.37kcal (17.17%), Fat: 18.66g (28.7%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 28.28g (10.28%), Sugar: 5.4g (6%), Cholesterol: 29.92mg (9.97%), Sodium: 641.54mg (27.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Phosphorus: 344.82mg (34.48%), Calcium: 344.45mg (34.44%), Manganese: 0.47mg (23.43%), Vitamin B2: 0.37mg (21.92%), Iron: 3.9mg (21.66%), Folate: 84.57µg (21.14%), Selenium: 14.26µg (20.37%), Vitamin K: 20.61µg (19.63%), Vitamin B1: 0.27mg (17.98%), Vitamin B3: 3.05mg (15.23%), Vitamin B12: 0.77µg (12.79%), Zinc: 1.91mg (12.7%), Vitamin A: 495.12IU (9.9%), Vitamin E: 1.48mg (9.88%), Vitamin B6: 0.18mg (9.16%), Magnesium: 36.39mg (9.1%), Fiber: 2.27g (9.1%), Copper: 0.1mg (4.85%), Potassium: 145.76mg (4.16%), Vitamin B5: 0.38mg (3.8%), Vitamin D: 0.43µg (2.85%)