



## Cheese Ball

READY IN



650 min.

SERVINGS



16

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 oz cream cheese
- 4 oz feta cheese blue crumbled
- 4 oz sharp cheddar cheese shredded
- 0.3 cup onion finely chopped
- 1 tablespoon worcestershire sauce
- 0.5 cup parsley fresh chopped
- 1 serving round buttery crackers assorted

## Equipment

- bowl
- hand mixer

## Directions

- Place cheeses in medium bowl; let stand at room temperature about 30 minutes or until softened. Beat onion and Worcestershire sauce into cheeses with electric mixer on low speed until mixed. Beat on medium speed 1 to 2 minutes, scraping bowl frequently, until fluffy. Cover and refrigerate at least 8 hours until firm enough to shape into a ball.
- Shape cheese mixture into 1 large ball.
- Roll in parsley; place on serving plate. Cover and refrigerate about 2 hours or until firm.
- Serve with crackers.

## Nutrition Facts

**PROTEIN 11.65%** **FAT 80.16%** **CARBS 8.19%**

## Properties

Glycemic Index:8.75, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:5.0243478067543%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 154.33kcal (7.72%), Fat: 13.94g (21.44%), Saturated Fat: 8.09g (50.55%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.4g (1.55%), Cholesterol: 42.03mg (14.01%), Sodium: 239.95mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.11%), Vitamin K: 32.16µg (30.63%), Vitamin A: 640.5IU (12.81%), Calcium: 118.39mg (11.84%), Vitamin B2: 0.16mg (9.58%), Phosphorus: 91.86mg (9.19%), Selenium: 5.57µg (7.96%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.64mg (4.26%), Vitamin C: 2.82mg (3.41%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.27mg (2.74%), Folate: 10.44µg (2.61%), Vitamin E: 0.36mg (2.4%), Potassium: 71mg (2.03%), Vitamin B1: 0.03mg (1.83%), Magnesium: 7.33mg (1.83%), Iron: 0.31mg (1.73%)