

Cheese Ball III

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



10

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 0.5 cup olive green chopped
- 1 teaspoon juice of lemon
- 1 tablespoon mayonnaise
- 0.3 cup onion chopped
- 8 ounce cheddar cheese shredded

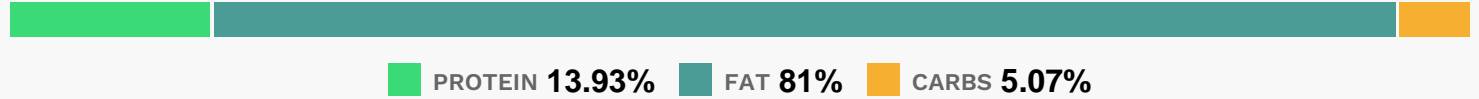
Equipment

- bowl

Directions

- In a medium bowl, blend cream cheese, mayonnaise and lemon juice concentrate.
- Mix in Cheddar cheese, onion and green olives. Form the mixture into a ball shape. Cover and chill in the refrigerator 3 hours, or until firm, before serving.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:4.3134782508664%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 192.93kcal (9.65%), Fat: 17.6g (27.07%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.15g (1.28%), Cholesterol: 46.17mg (15.39%), Sodium: 333.89mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Calcium: 186.92mg (18.69%), Phosphorus: 129.9mg (12.99%), Selenium: 8.48µg (12.12%), Vitamin A: 559.38IU (11.19%), Vitamin B2: 0.15mg (9.06%), Zinc: 0.96mg (6.38%), Vitamin B12: 0.29µg (4.87%), Vitamin E: 0.67mg (4.47%), Vitamin K: 3.41µg (3.25%), Magnesium: 9.35mg (2.34%), Vitamin B5: 0.23mg (2.32%), Folate: 7.94µg (1.98%), Vitamin B6: 0.04mg (1.78%), Potassium: 56.87mg (1.62%), Fiber: 0.29g (1.17%), Copper: 0.02mg (1.08%), Vitamin B1: 0.02mg (1.02%)