



Cook the Book: Cheese Ball with Cumin, Mint, and Pistachios

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery stalks with leaves finely sliced
- ☐ 8 servings round buttery crackers plain very thin for serving
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 teaspoon ground cumin toasted
- ☐ 4 ounces goat cheese fresh at room temperature
- ☐ 1 teaspoon ground coriander toasted
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 1 lemon zest grated
- ☐ 0.3 cup mint leaves chopped
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 0.3 cup pistachios salted
- ☐ 8 servings sea salt

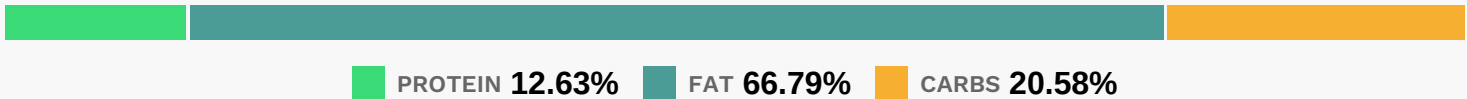
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Beat the cream cheese and goat cheese in a large bowl with a wooden spoon until creamy and light. Beat in the lemon zest and juice. Fold in the Pecorino Romano, coriander, cumin, celery, mint, and pepper. Season to taste with salt.
- ☐ Lay a large piece of plastic wrap on the counter. Using a spatula, scrape the cheese mixture into the center of the plastic. Pull up the edges of the plastic wrap and form the cheese into a ball. Wrap tightly, place in a bowl to maintain the shape, and chill in the refrigerator for at least 2 hours.
- ☐ Pour the ground pistachios into a shallow bowl. Unwrap the cheese ball and roll it in nuts until coated.
- ☐ Place the ball on a serving plate, cover with plastic wrap, and chill until ready to serve (or for up to 2 days).
- ☐ Half an hour before serving, unwrap the cheese ball and let it come to room temperature.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:7.5152173586514%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 272.88kcal (13.64%), Fat: 20.6g (31.69%), Saturated Fat: 10.03g (62.71%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.91g (4.69%), Sugar: 3.07g (3.41%), Cholesterol: 41.65mg (13.88%), Sodium: 557.34mg (24.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Phosphorus: 188.31mg (18.83%), Calcium: 156.49mg (15.65%), Vitamin A: 686.29IU (13.73%), Vitamin B2: 0.2mg (11.98%), Manganese: 0.22mg (10.83%), Copper: 0.21mg (10.6%), Vitamin K: 10.95µg (10.43%), Vitamin B1: 0.14mg (9.32%), Iron: 1.59mg (8.85%), Vitamin B6: 0.16mg (8.16%), Selenium: 4.95µg (7.07%), Vitamin E: 0.99mg (6.59%), Folate: 23.49µg (5.87%), Fiber: 1.38g (5.5%), Magnesium: 20.82mg (5.2%), Vitamin B3: 1.01mg (5.06%), Zinc: 0.7mg (4.67%), Potassium: 155.49mg (4.44%), Vitamin B5: 0.4mg (3.96%), Vitamin C: 2.36mg (2.86%), Vitamin B12: 0.16µg (2.66%)