



Corned Beef Cheese Ball

 **Gluten Free**

READY IN



15 min.

SERVINGS



8

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 ounce deli- corned beef diced buddig® (such as)
- ☐ 8 ounces cream cheese softened
- ☐ 3 green onions finely chopped
- ☐ 0.5 teaspoon horseradish prepared
- ☐ 1 tablespoon mayonnaise
- ☐ 0.5 cup pecans chopped
- ☐ 2 teaspoons worcestershire sauce

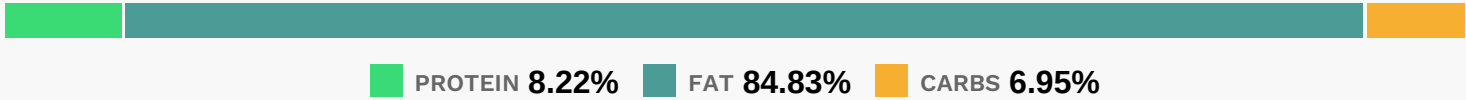
Equipment

☐ bowl

Directions

- ☐ Combine cream cheese, corned beef, green onions, mayonnaise, Worcestershire sauce, and horseradish in a bowl until thoroughly mixed.
- ☐ Shape cream cheese mixture into a ball.
- ☐ Place pecans into a shallow bowl.
- ☐ Roll and coat ball in chopped pecans. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:4.6269565362321%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 178.48kcal (8.92%), Fat: 17.3g (26.61%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.63g (1.81%), Cholesterol: 34.15mg (11.38%), Sodium: 229.48mg (9.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.32mg (15.96%), Vitamin K: 13.02µg (12.4%), Vitamin A: 431.74IU (8.63%), Selenium: 4.46µg (6.38%), Phosphorus: 62.6mg (6.26%), Vitamin B2: 0.09mg (5.53%), Copper: 0.1mg (5.19%), Zinc: 0.73mg (4.86%), Vitamin C: 3.59mg (4.35%), Vitamin B1: 0.06mg (3.93%), Calcium: 38.05mg (3.8%), Vitamin B12: 0.22µg (3.7%), Potassium: 117.2mg (3.35%), Magnesium: 13.23mg (3.31%), Fiber: 0.78g (3.13%), Vitamin B6: 0.06mg (2.95%), Vitamin E: 0.42mg (2.82%), Iron: 0.5mg (2.8%), Vitamin B5: 0.28mg (2.78%), Vitamin B3: 0.47mg (2.33%), Folate: 7.76µg (1.94%)