



## Cream Cheese and Chopped Dried Beef Ball

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



156 kcal

SIDE DISH

### Ingredients

- 4 ounce beef dried chopped
- 0.3 cup olives black
- 1 pinch celery salt
- 3 ounces cream cheese
- 1 pinch garlic salt
- 10 servings onion salt
- 8 ounces cheddar cheese shredded
- 0.5 teaspoon worcestershire sauce

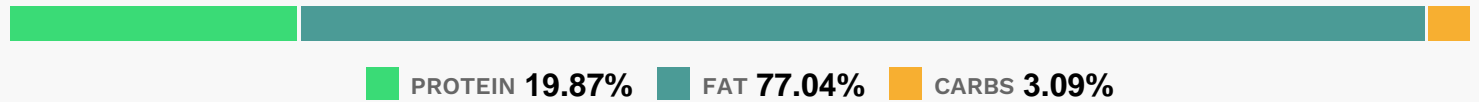
## Equipment

- bowl
- aluminum foil

## Directions

- In a large bowl, combine the Cheddar cheese, cream cheese, olives, Worcestershire sauce, onion salt, garlic salt and celery salt.
- Mix until smooth. Shape into ball, wrap in foil, and refrigerate until needed.
- About 30 minutes before serving, remove foil from cheese ball and reshape if necessary.
- Roll chopped beef to completely coat. Chill several hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:5.4, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:4.256086965132%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 156.23kcal (7.81%), Fat: 13.42g (20.65%), Saturated Fat: 7.01g (43.82%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.44g (0.49%), Cholesterol: 39.32mg (13.11%), Sodium: 440.72mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Calcium: 172.84mg (17.28%), Phosphorus: 131.2mg (13.12%), Selenium: 8.88µg (12.69%), Zinc: 1.35mg (9.01%), Vitamin B12: 0.5µg (8.36%), Vitamin B2: 0.14mg (8.06%), Vitamin A: 354.97IU (7.1%), Vitamin B6: 0.06mg (2.9%), Vitamin E: 0.42mg (2.79%), Vitamin B3: 0.51mg (2.54%), Magnesium: 9.23mg (2.31%), Vitamin B5: 0.2mg (2%), Potassium: 63.17mg (1.8%), Iron: 0.3mg (1.67%), Folate: 6.45µg (1.61%), Copper: 0.02mg (1.04%)