



Date & Blue Cheese Ball

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cheese blue crumbled at room temperature
- 8 oz cream cheese low-fat (bar style at room temperature)
- 6 servings roasted-garlic bagel chips
- 2 tbsp parsley fresh minced
- 1 tsp lemon zest grated
- 1 tbsp buttermilk reduced-fat
- 3 tbsp medjool dates minced pitted (5 to 6 dates)
- 0.3 tsp pepper freshly ground

- 0.3 tsp sea salt
- 1 tbsp shallots minced
- 2.5 tbsp walnuts toasted finely chopped

Equipment

- bowl
- plastic wrap
- stand mixer

Directions

- In the bowl of a stand mixer fitted with the paddle attachment, beat together the cream cheese, blue cheese, and buttermilk on medium speed until smooth and creamy, about 2 minutes.
- Add the dates, shallots, lemon zest, salt, and pepper and beat until well combined.
- Transfer the cheese mixture to a large sheet of plastic wrap/cling film and form it into a ball. Wrap the ball in the wrap and refrigerate until well chilled, at least 2 hours or overnight.
- In a shallow bowl or plate, mix together the parsley and walnuts.
- Remove the cheese ball from the refrigerator. With the wrap/film still on, shape into a well-formed ball. Unwrap the cheese mixture and roll it gently in the nut mixture until all sides are well covered.
- Serve immediately or cover and refrigerate until ready to serve.
- The cheese ball can be prepared up to 2 days in advance. Cover and refrigerate.
- Serving size: 2 tbsp
- Calories 59; Fat 3.9 g (sat 2.1 g, mono 1.0 g, poly 0.4 g); Protein 2 g; Carb 4 g; Fiber 0 g; Chol 10 mg; Iron 0.1 mg; Sodium 109 mg; Calc 41 mg
- Skinny Dips
- From Skinny Dips by Diane Morgan. Text copyright © 2010 by Diane Morgan; photographs copyright © 2010 by Sheri Giblin. Published by Chronicle Books LLC.

Nutrition Facts



■ PROTEIN 16.43% ■ FAT 63.24% ■ CARBS 20.33%

Properties

Glycemic Index:23.5, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:7.1773912336515%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 210.79kcal (10.54%), Fat: 15.17g (23.34%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.01g (3.64%), Sugar: 7.68g (8.53%), Cholesterol: 37.39mg (12.46%), Sodium: 507.22mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Vitamin K: 22.19µg (21.14%), Calcium: 189.7mg (18.97%), Phosphorus: 167.66mg (16.77%), Vitamin B12: 0.63µg (10.46%), Vitamin B2: 0.17mg (10.14%), Vitamin A: 500.74IU (10.01%), Manganese: 0.19mg (9.41%), Vitamin B5: 0.81mg (8.11%), Selenium: 5.06µg (7.22%), Potassium: 238.79mg (6.82%), Zinc: 1.01mg (6.72%), Copper: 0.12mg (5.96%), Folate: 23.15µg (5.79%), Vitamin B6: 0.1mg (5.18%), Magnesium: 20.23mg (5.06%), Fiber: 0.96g (3.85%), Vitamin B1: 0.04mg (2.85%), Vitamin C: 2.33mg (2.82%), Iron: 0.47mg (2.62%), Vitamin B3: 0.47mg (2.33%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.2mg (1.34%)