



Date, Walnut, and Blue Cheese Ball

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 4 ounces cheese blue crumbled
- 5 ounces cream cheese fat-free softened
- 0.3 cup flat-leaf parsley fresh minced
- 0.3 teaspoon kosher salt
- 0.5 teaspoon lemon rind grated
- 3 tablespoons medjool dates minced pitted (2 to 3 dates)
- 1 tablespoon nonfat buttermilk

- 1 tablespoon shallots minced
- 2.5 tablespoons walnuts toasted finely chopped

Equipment

- bowl
- blender
- plastic wrap
- spatula

Directions

- Place first 4 ingredients in a large bowl; beat with a mixer at medium speed 2 minutes or until smooth and creamy.
- Add dates, shallots, lemon rind, salt, and pepper; beat at medium speed until well blended, scraping sides of bowl as necessary.
- Spoon cheese mixture onto a large sheet of plastic wrap. Form into a ball, using a rubber spatula. Wrap cheese ball in plastic wrap; chill overnight.
- Combine parsley and walnuts in a shallow dish. Unwrap cheese ball; gently roll in nut mixture, coating well.
- Place on a serving plate.
- Serve immediately, or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.3339129971421%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg 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: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

Nutrients (% of daily need)

Calories: 61.1kcal (3.06%), Fat: 3.61g (5.55%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.87g (3.19%), Cholesterol: 7.31mg (2.44%), Sodium: 207.49mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin K: 17.98µg (17.13%), Phosphorus: 93.56mg (9.36%), Calcium: 84.24mg (8.42%), Manganese: 0.08mg (4.06%), Vitamin B2: 0.06mg (3.75%), Vitamin A: 162.76IU (3.26%), Vitamin B12: 0.19µg (3.25%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.27mg (2.68%), Folate: 10.57µg (2.64%), Selenium: 1.77µg (2.53%), Potassium: 87.73mg (2.51%), Copper: 0.05mg (2.48%), Magnesium: 9.38mg (2.35%), Vitamin B6: 0.04mg (1.98%), Vitamin C: 1.61mg (1.95%), Fiber: 0.41g (1.63%), Iron: 0.2mg (1.13%), Vitamin B1: 0.02mg (1.03%)