



## Dried Beef Cheese Ball

 **Gluten Free**

READY IN



**125 min.**

SERVINGS



**10**

CALORIES



**103 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 ounces beef dried
- 8 ounce cream cheese softened
- 2 spring onion chopped
- 0.3 teaspoon onion salt
- 1 tablespoon worcestershire sauce

### Equipment

- mixing bowl

## Directions

- In a medium-size mixing bowl, combine cream cheese, dried beef, green onions, onion salt, monosodium glutamate, and Worcestershire sauce. Form the mixture into a ball and refrigerate before serving.

## Nutrition Facts

**PROTEIN 11.13%** **FAT 82.13%** **CARBS 6.74%**

## Properties

Glycemic Index:5.9, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:2.2095652039608%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 103.06kcal (5.15%), Fat: 9.51g (14.63%), Saturated Fat: 5.23g (32.72%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.69g (0.62%), Sugar: 1.08g (1.2%), Cholesterol: 28.94mg (9.65%), Sodium: 157.53mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin A: 329.86IU (6.6%), Vitamin K: 5.61µg (5.35%), Selenium: 3.25µg (4.64%), Vitamin B2: 0.07mg (4.05%), Phosphorus: 39.61mg (3.96%), Vitamin B12: 0.23µg (3.86%), Zinc: 0.48mg (3.21%), Calcium: 27.11mg (2.71%), Potassium: 73.14mg (2.09%), Vitamin B6: 0.04mg (2.08%), Vitamin B3: 0.4mg (2.02%), Iron: 0.32mg (1.76%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.24mg (1.63%), Folate: 4.31µg (1.08%), Magnesium: 4.19mg (1.05%)