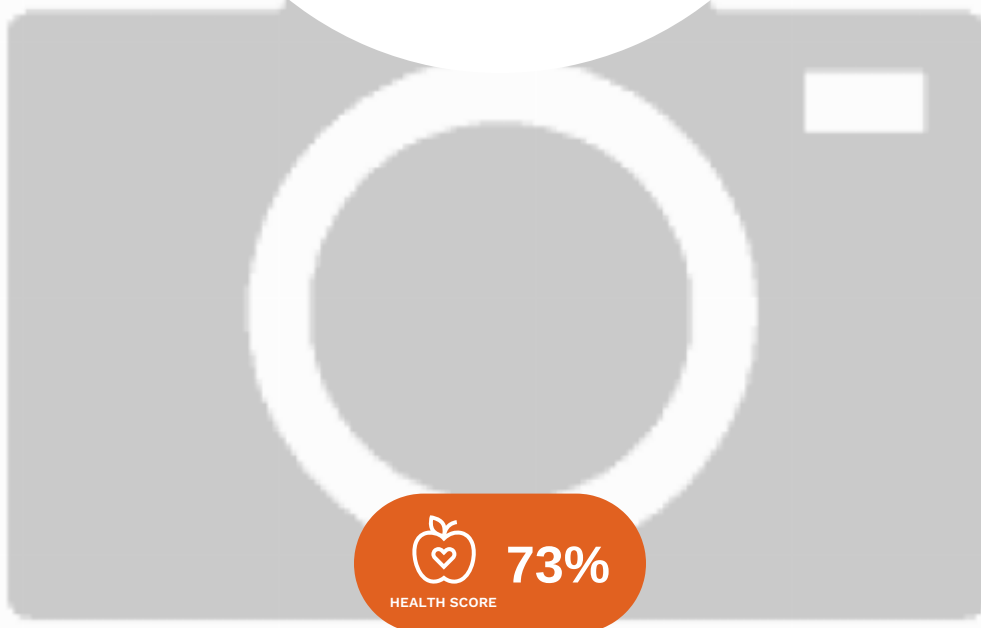




Easy Oniony Cheese Ball

 Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



2799 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 ounce onion soup mix dry
- ☐ 10 ounces extra sharp cheddar cheese shredded
- ☐ 1 cup walnuts chopped

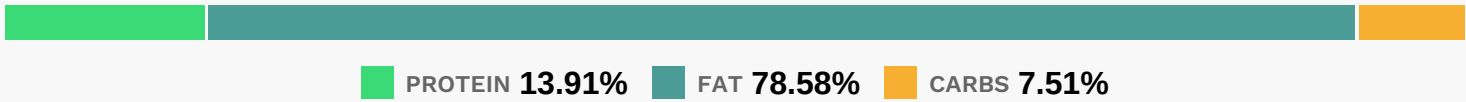
Equipment

- ☐ bowl

Directions

- ☐
- Thoroughly mix together the softened cream cheese, Cheddar cheese, and onion soup mix in a bowl. Chill in refrigerator for about 1/2 hour to firm up, if necessary. Form the mixture into a ball or log, and press the outside with walnuts.
- ☐
- Serve on an appetizer tray or a decorative plate surrounded by assorted crackers.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:6.89, Inflammation Score:-10, Nutrition Score:55.789565366247%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg

Nutrients (% of daily need)

Calories: 2798.69kcal (139.93%), Fat: 250.79g (385.83%), Saturated Fat: 107.44g (671.51%), Carbohydrates: 53.91g (17.97%), Net Carbohydrates: 44.2g (16.07%), Sugar: 13.84g (15.37%), Cholesterol: 512.56mg (170.85%), Sodium: 4845.29mg (210.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 99.91g (199.81%), Calcium: 2379.5mg (237.95%), Manganese: 4.24mg (211.81%), Phosphorus: 2005.72mg (200.57%), Selenium: 106.88µg (152.69%), Vitamin B2: 2.03mg (119.12%), Vitamin A: 5914.15IU (118.28%), Copper: 2.09mg (104.74%), Zinc: 15.47mg (103.14%), Magnesium: 298.83mg (74.71%), Vitamin B12: 3.5µg (58.4%), Vitamin B6: 1.12mg (55.8%), Folate: 194.61µg (48.65%), Vitamin B1: 0.61mg (40.83%), Fiber: 9.71g (38.84%), Potassium: 1238.03mg (35.37%), Vitamin B5: 3.37mg (33.73%), Vitamin E: 4.93mg (32.88%), Iron: 4.46mg (24.79%), Vitamin K: 15.12µg (14.4%), Vitamin D: 1.7µg (11.34%), Vitamin B3: 2.08mg (10.41%), Vitamin C: 2.48mg (3.01%)