



EZ Party Cheese Ball

 Gluten Free

READY IN



125 min.

SERVINGS



16

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce beef dried
- ☐ 16 ounce cream cheese softened
- ☐ 0.3 cup salad dressing italian-style

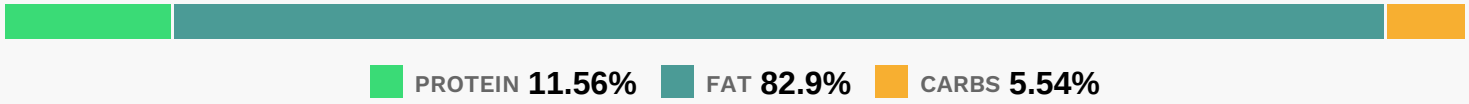
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Process dried beef, Italian-style dressing and cream cheese in a food processor until well blended.
- ☐ Transfer to a medium bowl. Chill until firm enough to form into a ball, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:2.6482608585578%

Nutrients (% of daily need)

Calories: 144.04kcal (7.2%), Fat: 13.36g (20.56%), Saturated Fat: 6.92g (43.27%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.46g (1.63%), Cholesterol: 38.7mg (12.9%), Sodium: 134.98mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin A: 382.06IU (7.64%), Selenium: 4.64µg (6.63%), Vitamin B12: 0.37µg (6.1%), Phosphorus: 53.28mg (5.33%), Vitamin B2: 0.09mg (5.07%), Zinc: 0.74mg (4.91%), Vitamin B6: 0.06mg (3.2%), Vitamin B3: 0.63mg (3.15%), Calcium: 30.53mg (3.05%), Vitamin K: 2.91µg (2.77%), Vitamin E: 0.38mg (2.55%), Vitamin B5: 0.23mg (2.33%), Potassium: 78.78mg (2.25%), Iron: 0.32mg (1.75%), Magnesium: 5.14mg (1.29%)