



Festive Cheese Ball

READY IN



45 min.

SERVINGS



4

CALORIES



807 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 servings round buttery crackers
- ☐ 16 oz cream cheese softened
- ☐ 1 tablespoon bell pepper green finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon onion finely chopped
- ☐ 1 tablespoon pimento finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 cups cheddar cheese shredded

- ☐ 0.5 cup walnuts toasted chopped
- ☐ 2 teaspoons worcestershire sauce

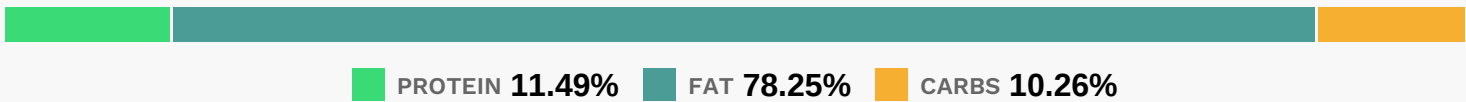
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a meduim bowl, blend cheeses together with a fork.
- ☐ Mix in remaining ingredients except the walnuts and crackers.
- ☐ Place mixture on plastic wrap and shape into a ball; chill thoroughly.
- ☐ Roll in chopped walnuts and serve with assorted crackers or strips of red and green peppers.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:18.570869580559%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 807.08kcal (40.35%), Fat: 71.5g (110%), Saturated Fat: 35.53g (222.06%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 19.54g (7.11%), Sugar: 6.76g (7.51%), Cholesterol: 171.03mg (57.01%), Sodium: 979.5mg (42.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.26%), Calcium: 552.92mg (55.29%), Phosphorus: 478.45mg (47.84%), Vitamin A: 2228.66IU (44.57%), Selenium: 27.24µg (38.91%), Vitamin B2: 0.58mg (34.3%), Manganese: 0.61mg (30.75%), Zinc: 3.21mg (21.43%), Copper: 0.3mg (15.13%), Vitamin E: 2.12mg (14.16%), Vitamin B12: 0.85µg (14.14%), Magnesium: 52.92mg (13.23%), Folate: 49.45µg (12.36%), Vitamin K: 12.78µg (12.17%), Vitamin B1: 0.17mg (11.26%), Vitamin B6: 0.21mg (10.54%), Vitamin B5: 1.03mg (10.3%), Potassium: 318.24mg

(9.09%), Iron: 1.61mg (8.95%), Vitamin C: 7.07mg (8.56%), Fiber: 1.54g (6.15%), Vitamin B3: 1.15mg (5.74%), Vitamin D: 0.34µg (2.26%)