



Festive Olive Cheese Ball



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



16

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter room temperature
- ☐ 8 ounce cream cheese softened
- ☐ 1.5 teaspoons garlic powder
- ☐ 5 ounce pimento-stuffed olives green minced drained
- ☐ 1 cup walnuts chopped

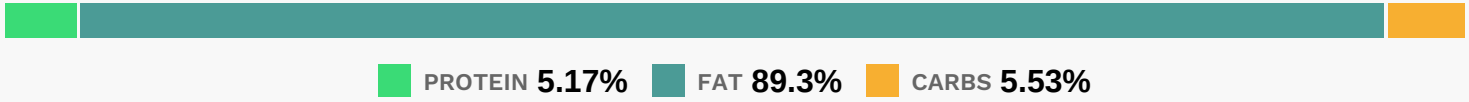
Equipment

- ☐ bowl

Directions

- ☐
- In a medium bowl, stir together the cream cheese and margarine until well blended.
- ☐
- Mix in the green olives and garlic powder. Shape into a ball, and roll in chopped walnuts to coat. Refrigerate for at least 30 minutes before serving, but preferably overnight.
- ☐
- Serve with an assortment of crackers.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:2.9313043404533%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 162.07kcal (8.1%), Fat: 16.75g (25.78%), Saturated Fat: 7.14g (44.61%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.53g (0.55%), Sugar: 0.78g (0.87%), Cholesterol: 29.57mg (9.86%), Sodium: 228.64mg (9.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Manganese: 0.25mg (12.7%), Vitamin A: 403.92IU (8.08%), Copper: 0.13mg (6.55%), Vitamin E: 0.68mg (4.51%), Phosphorus: 43.69mg (4.37%), Magnesium: 14.16mg (3.54%), Fiber: 0.81g (3.23%), Vitamin B2: 0.05mg (2.76%), Vitamin B6: 0.05mg (2.74%), Calcium: 27.45mg (2.74%), Selenium: 1.8µg (2.56%), Folate: 9.05µg (2.26%), Vitamin B1: 0.03mg (2.11%), Zinc: 0.32mg (2.1%), Potassium: 59.74mg (1.71%), Iron: 0.29mg (1.61%), Vitamin B5: 0.13mg (1.34%), Vitamin K: 1.12µg (1.06%)