



## Flavored Cheese Balls

READY IN



45 min.

SERVINGS



3

CALORIES



2230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup butter unsalted softened (1 stick)
- 24 ounces cream cheese
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon worcestershire sauce
- 5 dashes hot sauce (such as Tabasco)
- 0.5 teaspoon coarse salt
- 0.3 teaspoon pepper white freshly ground
- 8 ounces sharp cheddar cheese shredded finely
- 2 tablespoons mint-cilantro chutney spread shopping list store-bought

- 0.8 cup cranberries dried finely chopped
- 1 serving round buttery crackers for serving
- 6 ounces roquefort cheese
- 1 tablespoon shallots minced
- 1 cup walnuts toasted coarsely chopped
- 1 serving savory vegetable for serving (such as Terra Chips Sweets & Beets)
- 1 serving savory vegetable for serving (such as Terra Chips Sweets & Beets)
- 8 ounces goat cheese
- 2 tablespoons spring onion finely chopped
- 0.3 cup curly-leaf parsley fresh finely chopped
- 1 cucumber english for serving cut into 1/2-inch-thick slices,

## Equipment

- bowl
- hand mixer

## Directions

- Put butter, cream cheese, lemon juice, Worcestershire sauce, hot sauce, salt, and pepper into the bowl of an electric mixer fitted with the paddle attachment; mix on medium speed until combined. Divide equally among 3 medium bowls.

## Nutrition Facts

■ PROTEIN **11.8%** ■ FAT **77.01%** ■ CARBS **11.19%**

## Properties

Glycemic Index:95, Glycemic Load:7.57, Inflammation Score:-10, Nutrition Score:51.338260692099%

## Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg

Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## **Nutrients (% of daily need)**

Calories: 2230.32kcal (111.52%), Fat: 195.9g (301.38%), Saturated Fat: 104.86g (655.35%), Carbohydrates: 64.08g (21.36%), Net Carbohydrates: 56.31g (20.47%), Sugar: 35.36g (39.29%), Cholesterol: 471.81mg (157.27%), Sodium: 3177.65mg (138.16%), Alcohol: 0g (100%), Protein: 67.54g (135.08%), Vitamin A: 10186.46IU (203.73%), Vitamin K: 150.66µg (143.49%), Calcium: 1340.75mg (134.07%), Phosphorus: 1234.56mg (123.46%), Vitamin B2: 1.67mg (98.04%), Manganese: 1.83mg (91.52%), Selenium: 54.59µg (77.98%), Copper: 1.41mg (70.47%), Zinc: 7.67mg (51.12%), Magnesium: 167.82mg (41.96%), Vitamin B6: 0.79mg (39.35%), Folate: 156.86µg (39.22%), Vitamin B5: 3.86mg (38.6%), Vitamin E: 4.75mg (31.64%), Vitamin B12: 1.87µg (31.19%), Fiber: 7.77g (31.09%), Vitamin C: 25.35mg (30.73%), Vitamin B1: 0.43mg (28.41%), Iron: 5.08mg (28.23%), Potassium: 984.56mg (28.13%), Vitamin B3: 2.86mg (14.28%), Vitamin D: 1.32µg (8.82%)