




Garlic Cheese Ball

 Vegetarian  Gluten Free

READY IN



375 min.

SERVINGS



3

CALORIES



831 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 16 ounce cream cheese softened
- 1 teaspoon garlic minced
- 1 tablespoon dijon mustard dijon-style prepared
- 1 ounce ranch seasoning

Equipment

Nutrition Facts

PROTEIN 4.7% FAT 88.55% CARBS 6.75%

Properties

Glycemic Index:46.33, Glycemic Load:2.37, Inflammation Score:-9, Nutrition Score:9.0934782608696%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 831.27kcal (41.56%), Fat: 82.87g (127.49%), Saturated Fat: 50g (312.51%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 13.98g (5.08%), Sugar: 5.79g (6.43%), Cholesterol: 234.05mg (78.02%), Sodium: 1481.94mg (64.43%), Protein: 9.9g (19.79%), Vitamin A: 2979.68IU (59.59%), Selenium: 15.22µg (21.75%), Vitamin B2: 0.37mg (21.47%), Phosphorus: 177.79mg (17.78%), Calcium: 160.7mg (16.07%), Vitamin E: 2.2mg (14.64%), Vitamin B5: 0.92mg (9.24%), Vitamin B12: 0.4µg (6.62%), Potassium: 220.17mg (6.29%), Vitamin K: 5.92µg (5.63%), Zinc: 0.83mg (5.56%), Vitamin B6: 0.1mg (5.08%), Magnesium: 17.01mg (4.25%), Folate: 15.12µg (3.78%), Vitamin B1: 0.05mg (3.21%), Manganese: 0.05mg (2.71%), Copper: 0.03mg (1.7%), Iron: 0.27mg (1.5%)