



Ham and Cheese Ball

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup ham lean cooked finely chopped
- ☐ 8 ounce block softened
- ☐ 1 teaspoon dijon mustard country-style
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons green onions finely chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

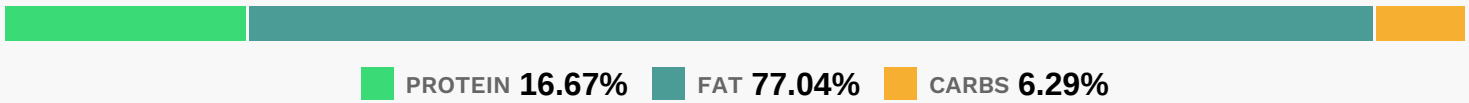
Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Beat cream cheese and yogurt in a large bowl with a mixer at medium speed until smooth. Stir in Cheddar cheese, ham, onions, horseradish, and mustard. Cover and chill at least 1 hour.
- ☐ Shape cheese mixture into a ball, and sprinkle with parsley. Press parsley gently into cheese ball. Wrap cheese ball in heavy-duty plastic wrap, and chill.
- ☐ Serve with sliced vegetables or whole wheat crackers (vegetables and crackers not included in analysis).
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.6313043489404%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 44.95kcal (2.25%), Fat: 3.89g (5.98%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.45g (0.5%), Cholesterol: 12.75mg (4.25%), Sodium: 80.71mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin K: 8.71µg (8.29%), Calcium: 36.78mg (3.68%), Phosphorus: 34.98mg (3.5%), Vitamin A: 175.01IU (3.5%), Selenium: 2.26µg (3.24%), Vitamin B2: 0.04mg (2.55%), Vitamin C: 1.4mg (1.7%), Vitamin B12: 0.1µg (1.69%), Zinc: 0.25mg (1.68%), Vitamin B1: 0.02mg (1.23%)