



Havarti Cheese Ball

READY IN



140 min.

SERVINGS



28

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 2 ounces havarti cheese shredded
- ☐ 1.5 ounces feta cheese crumbled
- ☐ 1 tablespoon wine dry white
- ☐ 0.8 teaspoon oregano dried fresh chopped
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 0.3 cup slivered almonds toasted chopped
- ☐ 1 lb round buttery crackers

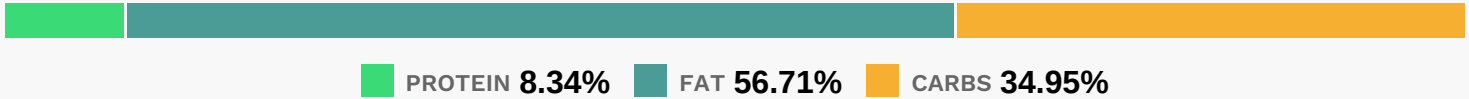
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In medium bowl, beat all ingredients except almonds and toast rounds with electric mixer on low speed until blended. Beat on medium speed, scraping bowl frequently, until fluffy.
- ☐ Cover and refrigerate about 2 hours or until firm enough to shape. Shape cheese mixture into a ball; roll in almonds.
- ☐ Serve with toast rounds.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:3.3817391265994%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 127.15kcal (6.36%), Fat: 8.06g (12.4%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 10.61g (3.86%), Sugar: 1.7g (1.88%), Cholesterol: 11.31mg (3.77%), Sodium: 201.04mg (8.74%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 2.67g (5.33%), Vitamin K: 9.52µg (9.07%), Phosphorus: 75.26mg (7.53%), Vitamin E: 0.99mg (6.62%), Manganese: 0.12mg (6.17%), Calcium: 57.25mg (5.73%), Vitamin B2: 0.1mg (5.67%), Vitamin B1: 0.08mg (5.32%), Iron: 0.82mg (4.56%), Vitamin B3: 0.87mg (4.33%), Folate: 15.07µg (3.77%), Vitamin A: 136.45IU (2.73%), Selenium: 1.9µg (2.71%), Fiber: 0.57g (2.27%), Magnesium: 8.4mg (2.1%), Zinc: 0.31mg (2.05%), Copper: 0.04mg (1.89%), Vitamin B5: 0.13mg (1.35%), Vitamin B6: 0.03mg (1.27%), Potassium: 43.93mg (1.26%), Vitamin B12: 0.07µg (1.19%)