



## Holiday Feta Cheese Ball

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz philadelphia cream cheese softened
- 16 oz athenos feta cheese crumbled traditional
- 0.3 cup parsley fresh chopped
- 2 green onions sliced
- 0.3 cup pasilla peppers red finely chopped
- 1 cup planters walnuts chopped

### Equipment

- blender

## Directions

- Mix cream cheese and feta with mixer until blended.
- Add next 3 ingredients; mix well.
- Refrigerate several hours or until chilled.
- Shape into ball.
- Roll in parsley until evenly coated.

## Nutrition Facts

 **PROTEIN 12.13%**  **FAT 80.93%**  **CARBS 6.94%**

## Properties

Glycemic Index:11.33, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:8.3778259572775%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 238.5kcal (11.93%), Fat: 22.01g (33.86%), Saturated Fat: 10.61g (66.32%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.59g (1.31%), Sugar: 1.49g (1.66%), Cholesterol: 57.46mg (19.15%), Sodium: 440.75mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.85%), Vitamin K: 21.22µg (20.21%), Vitamin B2: 0.34mg (20.05%), Calcium: 188.76mg (18.88%), Phosphorus: 163.07mg (16.31%), Vitamin A: 713.23IU (14.26%), Manganese: 0.28mg (14.25%), Selenium: 7.53µg (10.76%), Vitamin B6: 0.2mg (9.81%), Vitamin B12: 0.58µg (9.63%), Zinc: 1.29mg (8.58%), Copper: 0.14mg (7.12%), Vitamin C: 4.91mg (5.95%), Folate: 23.73µg (5.93%), Vitamin B1: 0.08mg (5.55%), Magnesium: 21.91mg (5.48%), Vitamin B5: 0.52mg (5.22%), Potassium: 108.26mg (3.09%), Iron: 0.55mg (3.07%), Vitamin E: 0.42mg (2.83%), Fiber: 0.65g (2.6%), Vitamin B3: 0.46mg (2.3%)