



Kati Rose's Cheese Ball

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 ounce olives black drained chopped canned
- ☐ 2.3 ounces ham cooked thinly sliced chopped
- ☐ 16 ounce cream cheese softened
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.5 teaspoon salt
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 cup walnuts chopped

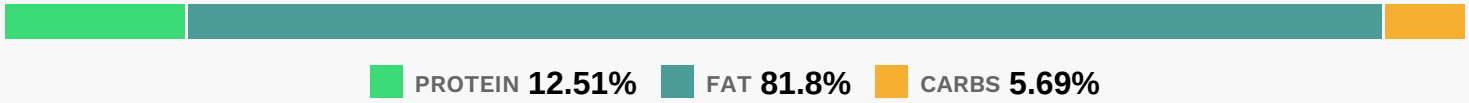
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a medium bowl, mix cream cheese, Cheddar cheese, garlic powder, salt, ham and olives. Form the mixture into a ball.
- ☐ Roll the ball in the chopped walnuts until heavily coated. Wrap the ball in plastic wrap, and refrigerate for at least one hour before serving.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:7.0734783203705%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 289.15kcal (14.46%), Fat: 26.98g (41.51%), Saturated Fat: 12.05g (75.3%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.77g (1.97%), Cholesterol: 60.89mg (20.3%), Sodium: 483.38mg (21.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Calcium: 182.66mg (18.27%), Phosphorus: 176.95mg (17.69%), Manganese: 0.34mg (17.17%), Selenium: 10.2µg (14.58%), Vitamin A: 719.2IU (14.38%), Vitamin B2: 0.2mg (11.64%), Copper: 0.18mg (9.08%), Zinc: 1.31mg (8.72%), Magnesium: 25.74mg (6.43%), Vitamin B12: 0.36µg (5.96%), Vitamin B6: 0.1mg (5.24%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.74mg (4.92%), Folate: 17.32µg (4.33%), Vitamin B5: 0.4mg (3.98%), Potassium: 126.82mg (3.62%), Fiber: 0.85g (3.38%), Iron: 0.44mg (2.43%), Vitamin B3: 0.36mg (1.78%), Vitamin C: 1.37mg (1.66%), Vitamin K: 1.58µg (1.51%)