



Lemon Cheese Ball

 Vegetarian

READY IN



195 min.

SERVINGS



8

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 0.5 cup powdered sugar
- 8 ounce cream cheese softened
- 0.3 cup graham cracker crumbs
- 1 tablespoon powdered lemonade mix

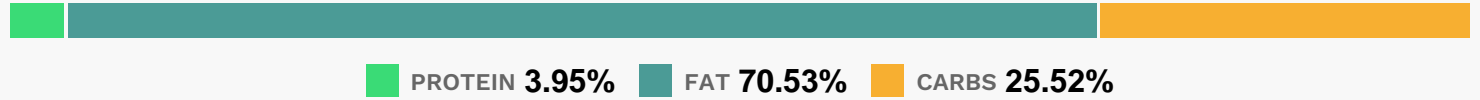
Equipment

- bowl
- hand mixer

Directions

- In a medium bowl, mix the cream cheese, butter, confectioners' sugar and lemonade mix using an electric mixer. Refrigerate for 3 hours.
- When the mixture is completely chilled, shape into a ball and roll in graham cracker crumbs.
- Serve on a platter with your favorite crackers.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:1.84, Inflammation Score:-3, Nutrition Score:1.909999995128%

Nutrients (% of daily need)

Calories: 197.38kcal (9.87%), Fat: 15.79g (24.29%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.75g (4.64%), Sugar: 10.76g (11.95%), Cholesterol: 43.88mg (14.63%), Sodium: 153.02mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin A: 558.17IU (11.16%), Vitamin B2: 0.08mg (4.43%), Phosphorus: 37.41mg (3.74%), Selenium: 2.57µg (3.66%), Calcium: 31.72mg (3.17%), Vitamin E: 0.41mg (2.74%), Magnesium: 8.81mg (2.2%), Vitamin B5: 0.17mg (1.71%), Zinc: 0.2mg (1.34%), Potassium: 46.64mg (1.33%), Vitamin B12: 0.07µg (1.24%), Vitamin K: 1.09µg (1.04%), Folate: 4.08µg (1.02%)