



Mediterranean Cheese Ball

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olives black ripe finely chopped
- ☐ 3 tablespoons capers
- ☐ 16 ounce cream cheese softened
- ☐ 8 ounce feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup pinenuts toasted
- ☐ 16 servings pita wedges toasted

☐ 0.5 small bell pepper diced red

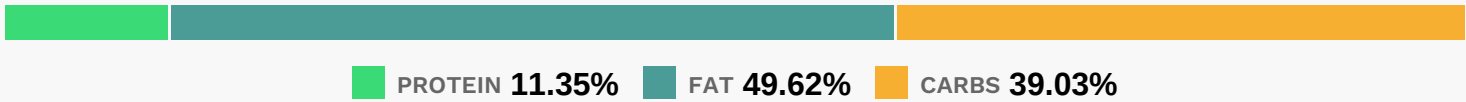
Equipment

☐ hand mixer

Directions

- ☐ Beat cream cheese and feta cheese at medium speed with an electric mixer until smooth. Stir in olives and next 4 ingredients. Shape cheese mixture into a ball; cover and chill at least 3 hours.
- ☐ Roll in toasted pine nuts just before serving.
- ☐ Serve with toasted pita wedges.

Nutrition Facts



Properties

Glycemic Index:17.69, Glycemic Load:29.7, Inflammation Score:-5, Nutrition Score:10.297826160555%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 353.27kcal (17.66%), Fat: 19.7g (30.31%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 33.12g (12.04%), Sugar: 1.49g (1.66%), Cholesterol: 41.25mg (13.75%), Sodium: 636.52mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.27%), Manganese: 1.03mg (51.74%), Phosphorus: 182.66mg (18.27%), Vitamin B2: 0.26mg (15.49%), Calcium: 150.68mg (15.07%), Vitamin B1: 0.21mg (14.11%), Copper: 0.23mg (11.38%), Vitamin A: 554.93IU (11.1%), Magnesium: 42.48mg (10.62%), Zinc: 1.58mg (10.56%), Vitamin B3: 1.78mg (8.91%), Vitamin E: 1.22mg (8.12%), Iron: 1.44mg (8.03%), Vitamin K: 8µg (7.62%), Fiber: 1.75g (7%), Selenium: 4.72µg (6.75%), Folate: 25.24µg (6.31%), Vitamin B6: 0.12mg (5.82%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.3µg (5.03%), Potassium: 173.42mg (4.95%), Vitamin C: 3.3mg (4%)