



Olive and Blue Cheese Ball

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



1

CALORIES



1670 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bleu cheese crumbled
- 3 tablespoons butter softened
- 8 ounce cream cheese softened
- 1 tablespoon chives fresh chopped
- 0.5 cup olives green chopped

Equipment

- bowl
- plastic wrap

Directions

- In a medium bowl, mix together the cream cheese, butter and blue cheese. Stir in the olives and chives. Spoon onto plastic wrap and gather into a ball. Refrigerate for at least 30 minutes. To serve, unwrap and place on a serving tray. Surround with your favorite crackers.

Nutrition Facts

PROTEIN 10.35% FAT 85.32% CARBS 4.33%

Properties

Glycemic Index:149, Glycemic Load:4.27, Inflammation Score:-10, Nutrition Score:29.571304362753%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1670.25kcal (83.51%), Fat: 161.17g (247.96%), Saturated Fat: 94.02g (587.63%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 16.12g (5.86%), Sugar: 9.65g (10.72%), Cholesterol: 420.61mg (140.2%), Sodium: 3587.79mg (155.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.99g (87.98%), Vitamin A: 5521.37IU (110.43%), Calcium: 980.73mg (98.07%), Phosphorus: 779.64mg (77.96%), Vitamin B2: 1.06mg (62.34%), Selenium: 40.13µg (57.33%), Vitamin E: 5.84mg (38.94%), Vitamin B5: 3.7mg (36.98%), Vitamin B12: 2.22µg (36.96%), Zinc: 4.81mg (32.04%), Potassium: 692.28mg (19.78%), Vitamin B6: 0.38mg (18.87%), Folate: 75.45µg (18.86%), Vitamin K: 18.28µg (17.41%), Magnesium: 60.99mg (15.25%), Fiber: 2.3g (9.21%), Copper: 0.18mg (9.03%), Vitamin B3: 1.78mg (8.9%), Vitamin B1: 0.11mg (7.33%), Iron: 1.06mg (5.86%), Vitamin D: 0.68µg (4.5%), Manganese: 0.05mg (2.41%), Vitamin C: 1.74mg (2.11%)