



Parmesan Cheese Ball

 Gluten Free

READY IN



520 min.

SERVINGS



12

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup parmesan cheese grated
- 0.7 cup nuts finely chopped
- 0.3 cup onion finely chopped
- 1 tablespoon milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 teaspoon garlic powder
- 16 ounces cream cheese softened

1 serving nuts coarsely chopped

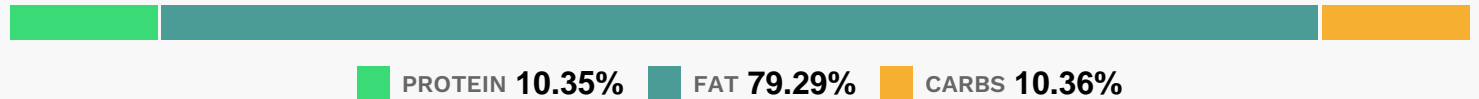
Equipment

plastic wrap

Directions

- Stir together all ingredients except coarsely chopped nuts until well blended. Shape into ball; roll in coarsely chopped nuts.
- Wrap cheese ball in plastic wrap and refrigerate at least 8 hours but no longer than 48 hours.
- Let stand at room temperature 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:4.8256521872852%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 220.45kcal (11.02%), Fat: 20.01g (30.78%), Saturated Fat: 9.25g (57.79%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.63g (1.81%), Cholesterol: 43.16mg (14.39%), Sodium: 314.72mg (13.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Phosphorus: 123.9mg (12.39%), Vitamin A: 559.6IU (11.19%), Manganese: 0.22mg (11.14%), Calcium: 95.72mg (9.57%), Vitamin B2: 0.13mg (7.64%), Selenium: 5.25µg (7.5%), Magnesium: 29.58mg (7.39%), Copper: 0.15mg (7.28%), Zinc: 0.84mg (5.61%), Fiber: 1.02g (4.07%), Potassium: 130.86mg (3.74%), Vitamin B5: 0.37mg (3.7%), Vitamin B6: 0.06mg (3.13%), Vitamin B12: 0.16µg (2.75%), Vitamin B3: 0.54mg (2.69%), Iron: 0.47mg (2.61%), Folate: 9.66µg (2.41%), Vitamin E: 0.36mg (2.37%), Vitamin B1: 0.03mg (2.25%)