



Party Cheese Ball

 Gluten Free

READY IN



195 min.

SERVINGS



24

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz philadelphia cream cheese softened
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon onions finely chopped
- ☐ 1 cup planters pecans toasted chopped
- ☐ 1 tablespoon bell peppers red chopped
- ☐ 8 oz sharp cheddar cheese shredded kraft
- ☐ 2 teaspoons worcestershire sauce

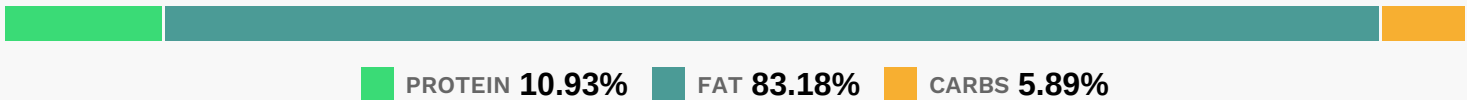
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ BEAT cream cheese and Cheddar in small bowl with mixer until well blended.
- ☐ ADD all remaining ingredients except nuts and crackers; mix well. Refrigerate several hours.
- ☐ SHAPE into ball; roll in nuts.
- ☐ Serve with RITZ Crackers.
- ☐ Healthy Living
- ☐ Save 50 calories and 7 grams of fat, including 3 grams of saturated fat, per serving, by reducing the amount of Cheddar cheese to 1/2 cup and using PHILADELPHIA 1/3 Less Fat than Cream Cheese and KRAFT 2% Milk Shredded Sharp Cheddar Cheese. In addition, coat the cheese ball with chopped fresh parsley instead of chopped nuts and serve with RITZ Reduced Fat Crackers.
- ☐ Substitute
- ☐ Substitute pimentos for the red bell peppers and/or toasted chopped PLANTERS Slivered Almonds or finely chopped fresh parsley for the nuts.
- ☐ Variation
- ☐ Mix cream cheese mixture as directed; shape into log or 24 small balls, each about 1 inch in diameter.
- ☐ Roll in nuts until evenly coated.
- ☐ Serve as directed.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:3.1347825864087%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 133.92kcal (6.7%), Fat: 12.69g (19.52%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.61g (0.59%), Sugar: 1g (1.11%), Cholesterol: 28.54mg (9.51%), Sodium: 127.68mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Manganese: 0.19mg (9.49%), Calcium: 88.71mg (8.87%), Phosphorus: 75.48mg (7.55%), Vitamin A: 365.1IU (7.3%), Selenium: 4.46µg (6.37%), Vitamin B2: 0.09mg (5.39%), Zinc: 0.63mg (4.21%), Copper: 0.06mg (2.86%), Vitamin B12: 0.14µg (2.36%), Magnesium: 9.42mg (2.35%), Vitamin B1: 0.04mg (2.34%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.18mg (1.84%), Fiber: 0.41g (1.65%), Potassium: 54.86mg (1.57%), Vitamin B6: 0.03mg (1.38%), Folate: 4.94µg (1.23%)