



## Party Cheese Ball Made Over

READY IN



75 min.

SERVINGS



15

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 stalks celery
- 2 tsp grey poupon dijon mustard
- 0.5 cup parsley fresh finely chopped
- 1 Tbsp green onions finely chopped
- 16 oz philadelphia neufchatel cheese softened
- 1 Tbsp pasilla peppers red finely chopped
- 15 servings ritz crackers whole wheat with
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft

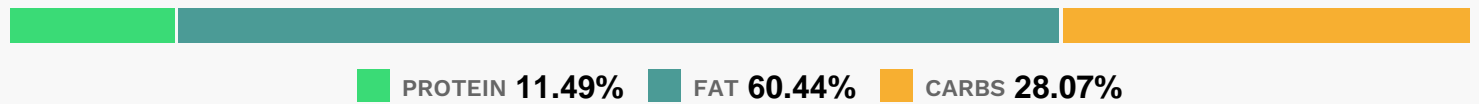
# Equipment

- bowl
- blender

# Directions

- Beat Neufchatel and cheddar in small bowl with mixer until blended.
- Add peppers, onions and mustard; mix well.
- Refrigerate 1 hour.
- Shape into ball; roll in parsley.
- Serve with celery and crackers.

# Nutrition Facts



# Properties

Glycemic Index:14.27, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:7.0786956147007%

# Flavonoids

Apigenin: 5.22mg, Apigenin: 5.22mg, Apigenin: 5.22mg, Apigenin: 5.22mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

# Nutrients (% of daily need)

Calories: 176.49kcal (8.82%), Fat: 11.98g (18.43%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.52g (4.19%), Sugar: 2.77g (3.08%), Cholesterol: 26.14mg (8.71%), Sodium: 300.9mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Vitamin K: 51.65µg (49.19%), Vitamin A: 628.09IU (12.56%), Phosphorus: 112.53mg (11.25%), Calcium: 102.96mg (10.3%), Folate: 31.69µg (7.92%), Vitamin B2: 0.13mg (7.49%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.09mg (5.91%), Vitamin E: 0.82mg (5.49%), Vitamin C: 4.52mg (5.48%), Iron: 0.97mg (5.38%), Vitamin B3: 0.99mg (4.93%), Potassium: 165.6mg (4.73%), Selenium: 3.07µg (4.38%), Fiber: 1g (3.99%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.34mg (3.4%), Magnesium: 12.08mg (3.02%), Vitamin B6: 0.05mg (2.63%), Copper: 0.04mg (2.22%), Vitamin B12: 0.13µg (2.18%)