



Party Cheese Balls

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 16 oz cream cheese softened
- ☐ 1 teaspoon bell pepper green chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon onion minced
- ☐ 7 servings optional: pecans chopped
- ☐ 1 teaspoon pimento chopped
- ☐ 0.1 teaspoon salt

- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 2 teaspoons worcestershire sauce

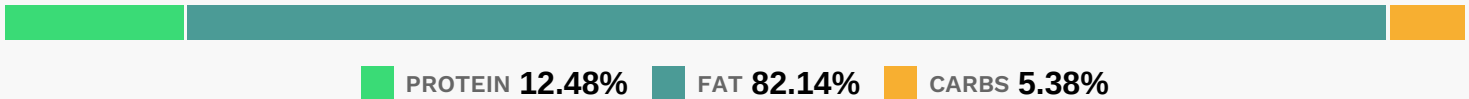
Equipment

- ☐ plastic wrap

Directions

- ☐ Blend cream cheese until light and fluffy; add Cheddar cheese and next 7 ingredients. Shape into 7 mini balls (about one cup each); wrap in plastic wrap and refrigerate until firm.
- ☐ Roll in pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:25.43, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:7.5547825616339%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 367.48kcal (18.37%), Fat: 34g (52.31%), Saturated Fat: 19.35g (120.95%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.87g (1.77%), Sugar: 2.83g (3.14%), Cholesterol: 97.73mg (32.58%), Sodium: 478.6mg (20.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.63g (23.25%), Calcium: 293.96mg (29.4%), Vitamin A: 1232.15IU (24.64%), Phosphorus: 221.54mg (22.15%), Selenium: 14.76µg (21.09%), Vitamin B2: 0.3mg (17.42%), Zinc: 1.56mg (10.41%), Vitamin B12: 0.48µg (8.08%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.51mg (5.13%), Magnesium: 16.23mg (4.06%), Potassium: 132.7mg (3.79%), Folate: 13.32µg (3.33%), Vitamin B6: 0.07mg (3.28%), Manganese:

0.06mg (2.91%), Vitamin C: 1.87mg (2.26%), Vitamin K: 2.34µg (2.23%), Vitamin B1: 0.03mg (2.2%), Copper: 0.04mg (1.95%), Iron: 0.26mg (1.45%), Vitamin D: 0.19µg (1.29%)