



Pepper Jack Cheese Ball

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



18

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz cream cheese softened
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.8 cup tortilla chips crushed
- ☐ 0.3 cup olives ripe sliced
- ☐ 0.5 teaspoon onion powder
- ☐ 6 oz pepper jack cheese shredded
- ☐ 4 oz sharp cheddar cheese shredded

☐

18 servings tortilla chips assorted

Equipment

☐

food processor

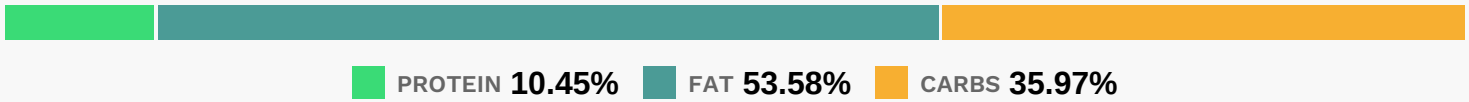
☐

bowl

Directions

- ☐
- In food processor, place cheeses, lime juice and onion powder. Cover; process until well mixed. Spoon into medium bowl. Stir in olives and cilantro.
- ☐
- Place crushed tortilla chips on waxed paper. Spoon cheese mixture onto chips.
- ☐
- Roll to coat cheese ball with chips.
- ☐
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.28, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:5.1665217973616%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 251.97kcal (12.6%), Fat: 15.33g (23.59%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 21.32g (7.75%), Sugar: 0.71g (0.79%), Cholesterol: 24.25mg (8.08%), Sodium: 264.54mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Calcium: 160.42mg (16.04%), Phosphorus: 155.18mg (15.52%), Vitamin E: 1.39mg (9.26%), Magnesium: 33.04mg (8.26%), Vitamin K: 8.16µg (7.77%), Selenium: 5.44µg (7.77%), Fiber: 1.85g (7.4%), Zinc: 1.02mg (6.8%), Vitamin B2: 0.11mg (6.47%), Vitamin A: 286.47IU (5.73%), Vitamin B5: 0.49mg (4.91%), Vitamin B6: 0.08mg (3.87%), Vitamin B1: 0.05mg (3.49%), Iron: 0.6mg (3.35%), Vitamin B12: 0.17µg (2.77%), Potassium: 88.13mg (2.52%), Copper: 0.04mg (2.1%), Folate: 8.12µg (2.03%), Vitamin B3: 0.3mg (1.52%)