



Pepper Jack Cheese Ball

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



18

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

1 serving 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

PROTEIN 15.02% **FAT 68.74%** **CARBS 16.24%**

Properties

Glycemic Index:6.28, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.9282608531092%

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: 127.15kcal (6.36%), Fat: 9.86g (15.17%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.5g (0.56%), Cholesterol: 24.25mg (8.08%), Sodium: 177.8mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Calcium: 132.38mg (13.24%), Phosphorus: 95.68mg (9.57%), Selenium: 4.27µg (6.1%), Vitamin A: 285.68IU (5.71%), Vitamin B2: 0.09mg (5.38%), Zinc: 0.65mg (4.36%), Vitamin E: 0.46mg (3.04%), Vitamin B12: 0.17µg (2.77%), Magnesium: 10.83mg (2.71%), Vitamin K: 2.63µg (2.51%), Vitamin B5: 0.18mg (1.78%), Fiber: 0.42g (1.69%), Vitamin B6: 0.03mg (1.5%), Folate: 4.95µg (1.24%), Potassium: 40mg (1.14%), Iron: 0.2mg (1.12%), Vitamin B1: 0.02mg (1.02%)