

## Pineapple Cheese Ball

READY IN



15 min.

SERVINGS



9

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounce neufcha@gtel cheese softened
- 8 ounce cream cheese fat-free softened
- 0.7 cup parsley fresh chopped
- 0.5 cup bell pepper green finely chopped
- 2 teaspoons onion grated
- 8 ounce pineapple in juice crushed drained well canned
- 9 servings try build-a-meal
- 3 ounces sharp cheddar cheese fat-free shredded

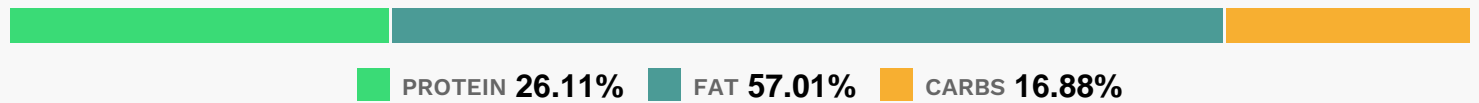
# Equipment

bowl

# Directions

- Combine first 6 ingredients in a medium bowl. Cover and chill 30 minutes. Shape cheese mixture into a ball; roll in chopped parsley, coating thoroughly. Cover and chill thoroughly.
- Serve with Melba toast rounds or fat-free crackers.

# Nutrition Facts



# Properties

Glycemic Index:13.67, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:11.779565111451%

# Flavonoids

Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

# Nutrients (% of daily need)

Calories: 189.62kcal (9.48%), Fat: 12.14g (18.67%), Saturated Fat: 6.83g (42.69%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.35g (5.95%), Cholesterol: 37.67mg (12.56%), Sodium: 406.53mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.01%), Vitamin K: 74.62µg (71.07%), Calcium: 345.08mg (34.51%), Phosphorus: 302.93mg (30.29%), Vitamin C: 14.97mg (18.14%), Selenium: 11.66µg (16.65%), Vitamin A: 778.29IU (15.57%), Vitamin B2: 0.23mg (13.8%), Zinc: 1.79mg (11.93%), Vitamin B12: 0.61µg (10.11%), Folate: 25.17µg (6.29%), Magnesium: 24.25mg (6.06%), Potassium: 175.04mg (5%), Manganese: 0.09mg (4.63%), Vitamin B6: 0.08mg (4.12%), Vitamin B5: 0.4mg (3.96%), Vitamin B1: 0.06mg (3.84%), Fiber: 0.85g (3.39%), Copper: 0.07mg (3.34%), Iron: 0.54mg (3.01%), Vitamin E: 0.35mg (2.32%), Vitamin B3: 0.3mg (1.51%), Vitamin D: 0.21µg (1.39%)