



Pineapple Cheese Ball



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 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
- ☐ 3 ounces sharp cheddar cheese fat-free shredded

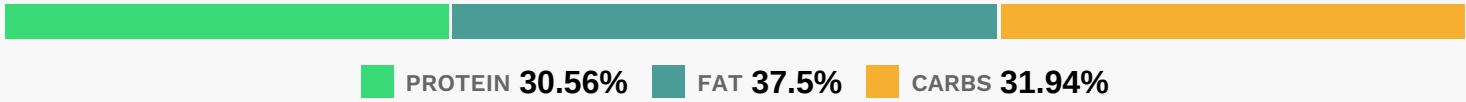
Equipment

- ☐ 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 at least 3 hours.
- ☐ Serve with Melba toast rounds or low-fat crackers (rounds and crackers not included in analysis).
- ☐ Tip: We tested this cheese ball using only fat-free cream cheese, but found that a combination of fat-free and reduced-fat cream cheese produced a creamier dip.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1665217152432%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 11.75kcal (0.59%), Fat: 0.5g (0.77%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.74g (0.82%), Cholesterol: 1.75mg (0.58%), Sodium: 33.99mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin K: 10.4µg (9.9%), Vitamin C: 2.1mg (2.55%), Phosphorus: 25.48mg (2.55%), Calcium: 23.39mg (2.34%), Vitamin A: 73.92IU (1.48%)