



Randy's Easy Jalapeno Cheese Ball

 Vegetarian  Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 cups cheddar cheese grated
- ☐ 16 ounce cream cheese softened
- ☐ 16 ounce jalapeño peppers sliced finely chopped
- ☐ 2.3 cups walnuts divided finely chopped

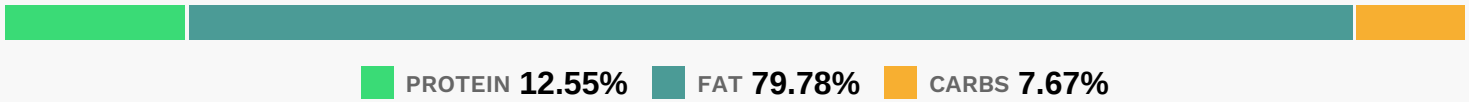
Equipment

- ☐ bowl

Directions

- ☐
- Combine cream cheese, jalapeno peppers, Cheddar cheese, and 1/4 cup walnuts in a bowl; mix well. Divide cheese mixture in half and shape into balls or logs.
- ☐
- Roll balls in remaining 2 cups walnuts until well coated. Cover and refrigerate cheese balls until firm, 3 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:9.3143479020699%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 252.72kcal (12.64%), Fat: 23.19g (35.68%), Saturated Fat: 9.21g (57.54%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.49g (1.27%), Sugar: 2.2g (2.44%), Cholesterol: 42.68mg (14.23%), Sodium: 201.49mg (8.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Vitamin C: 27.07mg (32.81%), Manganese: 0.48mg (23.79%), Calcium: 177.43mg (17.74%), Phosphorus: 166.28mg (16.63%), Vitamin A: 749.85IU (15%), Selenium: 8.28µg (11.83%), Copper: 0.23mg (11.52%), Vitamin B2: 0.17mg (10.29%), Vitamin B6: 0.19mg (9.6%), Zinc: 1.28mg (8.52%), Vitamin E: 1.25mg (8.32%), Magnesium: 31.58mg (7.89%), Folate: 25.22µg (6.3%), Fiber: 1.52g (6.07%), Vitamin K: 5.5µg (5.24%), Potassium: 159.46mg (4.56%), Vitamin B12: 0.26µg (4.33%), Vitamin B1: 0.06mg (4.33%), Vitamin B5: 0.36mg (3.57%), Iron: 0.5mg (2.76%), Vitamin B3: 0.47mg (2.34%)