



Snowman Cheese Ball

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

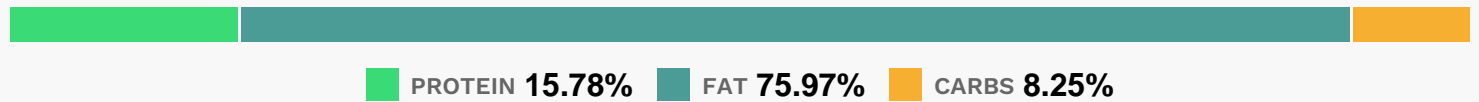
- 1 baby carrot
- 8 oz philadelphia cream cheese softened
- 0.3 cup chives fresh finely chopped
- 0.3 tsp ground pepper red (cayenne)
- 0.3 cup parmesan cheese grated kraft
- 15 servings peppercorns
- 8 oz cheddar cheese shredded kraft
- 0.3 cup planters slivered almonds toasted

Equipment

Directions

- Mix first 5 ingredients until blended. Refrigerate 1 hour.
- Divide cheese mixture into 3 different-size balls (1 small, 1 medium and 1 large). Coat with Parmesan. Arrange in line on serving plate to resemble a snowman lying down. (Largest ball should be at bottom of plate for the snowman's base, and the smallest ball should be at the top for the snowman's head.)
- Decorate with remaining ingredients to resemble photo.

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:4.8482608898826%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 136.52kcal (6.83%), Fat: 11.76g (18.09%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.91g (1.01%), Cholesterol: 31.84mg (10.61%), Sodium: 178.58mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Vitamin A: 1095.34IU (21.91%), Calcium: 147.57mg (14.76%), Phosphorus: 108.13mg (10.81%), Manganese: 0.18mg (9.11%), Selenium: 6.3µg (9%), Vitamin B2: 0.13mg (7.82%), Zinc: 0.79mg (5.23%), Vitamin E: 0.76mg (5.07%), Vitamin K: 4.33µg (4.12%), Vitamin B12: 0.22µg (3.6%), Magnesium: 13.41mg (3.35%), Fiber: 0.62g (2.47%), Potassium: 76.74mg (2.19%), Copper: 0.04mg (2.16%), Vitamin B5: 0.19mg (1.9%), Folate: 7.1µg (1.78%), Vitamin B6: 0.03mg (1.64%), Iron: 0.24mg (1.32%), Vitamin B1: 0.02mg (1.09%)