



Southern Made Cheese Ball

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



530 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chili powder
- 24 ounce cream cheese softened
- 1 cup ham diced cooked
- 1 tablespoon garlic powder
- 0.3 cup green onions chopped
- 1 tablespoon onion powder
- 1 tablespoon creamy salad dressing
- 1 tablespoon penzey's southwest seasoning creole-style

- 1 cup cheddar cheese shredded
- 1 tablespoon worcestershire sauce

Equipment

- bowl

Directions

- In a large bowl, mix by hand cream cheese, Worcestershire sauce, onion powder, garlic powder, green onions, chili powder, Creole-style seasoning, Cheddar cheese, ham and creamy salad dressing. Form the mixture into one or more balls. Chill in the refrigerator at least 1 hour before serving.

Nutrition Facts

PROTEIN 11.65% **FAT 79.39%** **CARBS 8.96%**

Properties

Glycemic Index:16, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:14.052173863287%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 529.59kcal (26.48%), Fat: 47.67g (73.33%), Saturated Fat: 26.99g (168.69%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 10.19g (3.7%), Sugar: 5.26g (5.85%), Cholesterol: 147.11mg (49.04%), Sodium: 781.57mg (33.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Vitamin A: 2193.52IU (43.87%), Calcium: 299.9mg (29.99%), Phosphorus: 283.1mg (28.31%), Selenium: 19.77µg (28.24%), Vitamin K: 29.58µg (28.17%), Vitamin B2: 0.42mg (24.95%), Vitamin E: 2.16mg (14.42%), Zinc: 1.91mg (12.75%), Vitamin B12: 0.71µg (11.91%), Vitamin B6: 0.21mg (10.64%), Vitamin B1: 0.15mg (10.33%), Manganese: 0.2mg (10.22%), Iron: 1.79mg (9.95%), Potassium: 337.69mg (9.65%), Vitamin B5: 0.94mg (9.45%), Magnesium: 31.55mg (7.89%), Fiber: 1.92g (7.67%), Vitamin C: 5.9mg (7.16%), Folate: 25.21µg (6.3%), Vitamin B3: 1.11mg (5.55%), Copper: 0.1mg (5.03%)