



Spinach Cheese Ball

 Vegetarian  Gluten Free

READY IN

ready

20 min.

SERVINGS

servings

8

CALORIES

calories

350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce water chestnuts drained chopped canned
- ☐ 16 ounce cream cheese softened
- ☐ 2 tablespoons mayonnaise
- ☐ 1 cup cheddar cheese shredded finely
- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 0.4 ounce vegetable soup mix dry
- ☐ 0.5 cup walnuts chopped

Equipment

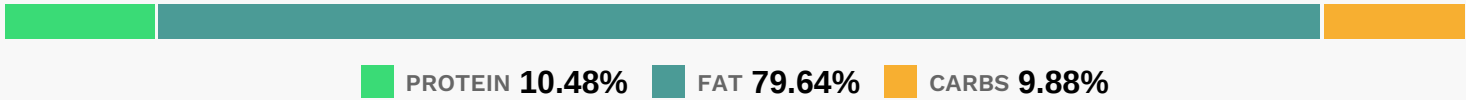
- ☐ bowl
- ☐ plastic wrap

Directions

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In a large bowl, mix together the spinach, cream cheese, water chestnuts, vegetable soup mix, mayonnaise and Cheddar cheese until well blended. Form into a ball, and roll in chopped walnuts. If the mixture is too soft to form a ball, refrigerate for about 30 minutes to set. Wrap the cheese ball in plastic wrap, and refrigerate overnight to blend the flavors before serving with your favorite crackers.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:17.912173939788%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 349.94kcal (17.5%), Fat: 31.91g (49.1%), Saturated Fat: 15.04g (94.02%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 6.77g (2.46%), Sugar: 3.16g (3.52%), Cholesterol: 72.86mg (24.29%), Sodium: 321.37mg (13.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Vitamin K: 139.3µg (132.67%), Vitamin A: 5134.05IU (102.68%), Manganese: 0.53mg (26.66%), Calcium: 209.23mg (20.92%), Phosphorus: 173.85mg (17.38%), Folate: 68.48µg (17.12%), Vitamin B2: 0.29mg (17.08%), Selenium: 11.6µg (16.57%), Vitamin E: 1.9mg (12.65%), Magnesium: 48.56mg (12.14%), Copper: 0.21mg (10.31%), Vitamin B6: 0.18mg (8.93%), Zinc: 1.32mg (8.81%), Fiber: 2.13g (8.51%), Potassium: 270.37mg (7.72%), Iron: 1.18mg (6.56%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.5mg (4.96%), Vitamin B12: 0.28µg (4.64%), Vitamin C: 2.47mg (3%), Vitamin B3: 0.42mg (2.09%)