



Tammy's Tempting Cheese Ball

 Gluten Free

READY IN



50 min.

SERVINGS



20

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup milk
- ☐ 1 ounce ranch salad dressing mix dry
- ☐ 5 ounces roasted salted chopped
- ☐ 12 ounces cheddar cheese shredded

Equipment

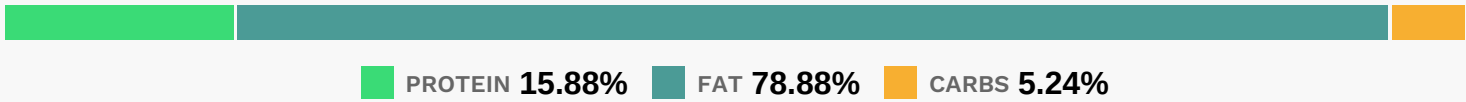
- ☐ bowl

- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Mix the dry ranch salad dressing mix, mayonnaise, and milk in a bowl. Beat in the cream cheese with an electric mixer until smooth.
- ☐ Mix in Cheddar cheese. Cover bowl with plastic wrap, and freeze 30 minutes.
- ☐ Divide mixture in half, and shape into balls.
- ☐ Roll each ball in almonds to coat. Cover and refrigerate balls until ready to serve.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:4.0008695676275%

Nutrients (% of daily need)

Calories: 164.12kcal (8.21%), Fat: 14.36g (22.09%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.81g (0.9%), Cholesterol: 36.01mg (12%), Sodium: 294.51mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Calcium: 139.56mg (13.96%), Selenium: 8µg (11.42%), Phosphorus: 113.32mg (11.33%), Vitamin K: 9.79µg (9.33%), Vitamin B2: 0.12mg (7.28%), Vitamin A: 336.25IU (6.73%), Zinc: 0.84mg (5.61%), Vitamin B12: 0.28µg (4.68%), Vitamin B6: 0.08mg (3.79%), Vitamin B1: 0.04mg (2.86%), Vitamin E: 0.42mg (2.81%), Vitamin B5: 0.22mg (2.2%), Vitamin B3: 0.43mg (2.16%), Magnesium: 8.24mg (2.06%), Potassium: 64.84mg (1.85%), Vitamin D: 0.21µg (1.39%), Folate: 4.87µg (1.22%)