



## Tex-Mex Jalapeno Cheese Ball

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese softened
- 0.8 cup cilantro leaves fresh divided chopped
- 0.5 tsp ground cumin
- 0.3 cup real mayo mayonnaise kraft
- 1 jalapeño pepper fresh minced seeded
- 0.5 cup onions red chopped
- 8 oz sharp cheddar cheese shredded kraft

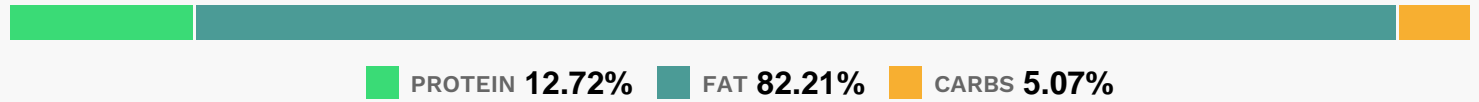
### Equipment

- bowl
- blender
- plastic wrap

## Directions

- Beat first 3 ingredients in medium bowl with mixer until blended.
- Add onions, peppers, cumin and 1/4 cup cilantro; mix well. Shape into ball. Wrap in plastic wrap. Refrigerate 1 hour.
- Roll in remaining cilantro until evenly coated.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:3.1047826227934%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 133.81kcal (6.69%), Fat: 12.34g (18.98%), Saturated Fat: 6g (37.49%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.82g (0.91%), Cholesterol: 29.96mg (9.99%), Sodium: 160.1mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Calcium: 116.76mg (11.68%), Vitamin K: 8.79µg (8.37%), Phosphorus: 83.04mg (8.3%), Vitamin A: 386.52IU (7.73%), Selenium: 5.35µg (7.64%), Vitamin B2: 0.1mg (5.8%), Zinc: 0.61mg (4.08%), Vitamin B12: 0.19µg (3.09%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.16mg (1.57%), Magnesium: 6.17mg (1.54%), Folate: 5.86µg (1.46%), Vitamin B6: 0.03mg (1.28%), Potassium: 43.48mg (1.24%), Manganese: 0.02mg (1.15%)