



Thanksgiving Cheese Ball

 **Gluten Free**

READY IN



255 min.

SERVINGS



8

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces cheese blue crumbled
- 8 ounces cream cheese
- 1 clove garlic minced
- 2.3 ounce olive green canned
- 2 tablespoons onion grated
- 0.5 cup pecans chopped
- 4 ounces sharp cheddar cheese
- 4 dashes worcestershire sauce

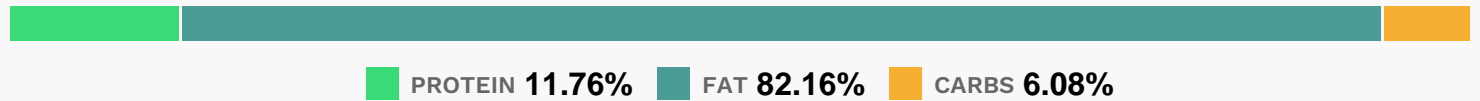
Equipment

food processor

Directions

- In a food processor, mix the cream cheese, Cheddar cheese, blue cheese, onion, garlic, and Worcestershire sauce. Process until well blended.
- Add olives, and pulse into small chunks.
- Shape the mixture into a ball, and roll in the chopped pecans to coat. Wrap in plastic, and chill at least 4 hours in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:5.883043460224%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 242.65kcal (12.13%), Fat: 22.74g (34.98%), Saturated Fat: 10.36g (64.74%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.82g (1.02%), Sugar: 1.62g (1.8%), Cholesterol: 48.12mg (16.04%), Sodium: 394.27mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Calcium: 175.84mg (17.58%), Manganese: 0.32mg (16.06%), Phosphorus: 143.47mg (14.35%), Vitamin A: 612.47IU (12.25%), Selenium: 7.88µg (11.25%), Vitamin B2: 0.17mg (9.76%), Zinc: 1.17mg (7.81%), Copper: 0.11mg (5.35%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.3µg (4.98%), Magnesium: 17.54mg (4.38%), Vitamin B1: 0.06mg (4.1%), Vitamin B5: 0.41mg (4.09%), Fiber: 0.97g (3.87%), Vitamin B6: 0.06mg (3.09%), Potassium: 106.91mg (3.05%), Folate: 10.34µg (2.59%), Iron: 0.33mg (1.81%), Vitamin

K: 1.48µg (1.41%), Vitamin B3: 0.21mg (1.07%)