



Traditional Christmas Cheese Ball

 Gluten Free

READY IN



145 min.

SERVINGS



12

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 ounce beef smoked thinly sliced chopped
- 8 ounce cream cheese softened
- 2.3 ounce pimiento stuffed olives green chopped canned
- 1 small onion sweet minced
- 1 cup walnut pieces chopped
- 2 dashes worcestershire sauce to taste

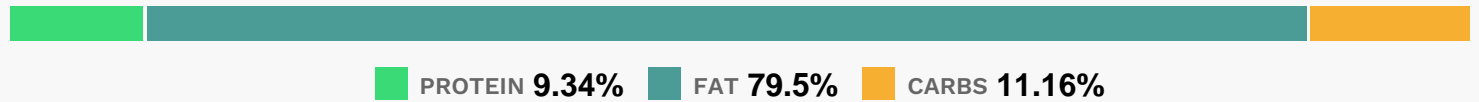
Equipment

- bowl

Directions

- Mix the cream cheese, beef, olives, onion, and Worcestershire sauce together in a bowl until evenly blended. Keeping the mixture in the bowl, scrape it into a semi-ball shape. Cover, and refrigerate until firm, at least 2 hours.
- Place a large sheet of waxed paper on a flat surface.
- Sprinkle with walnuts.
- Roll the cheese ball in the walnuts until completely covered.
- Transfer the cheese ball to a serving plate, or rewrap with waxed paper and refrigerate until needed.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:4.3356521715936%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 161.58kcal (8.08%), Fat: 14.88g (22.88%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.4g (2.66%), Cholesterol: 23.28mg (7.76%), Sodium: 150.79mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Manganese: 0.36mg (17.82%), Copper: 0.18mg (9.21%), Phosphorus: 71.05mg (7.1%), Vitamin B6: 0.12mg (5.98%), Vitamin A: 277.07IU (5.54%), Magnesium: 21.2mg (5.3%), Folate: 18.19µg (4.55%), Selenium: 3.18µg (4.54%), Zinc: 0.68mg (4.54%), Fiber: 1.08g (4.31%), Vitamin B2: 0.07mg (4.29%), Calcium: 37.41mg (3.74%), Vitamin B1: 0.05mg (3.51%), Potassium: 120.28mg (3.44%), Vitamin E: 0.46mg (3.09%), Iron: 0.53mg (2.92%), Vitamin B12: 0.17µg (2.8%), Vitamin B5: 0.22mg (2.21%), Vitamin B3: 0.43mg (2.13%), Vitamin C: 1.47mg (1.78%)