

Ultimate Cheese Ball

 Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



620 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce beef dried chopped
- 24 ounce cream cheese softened
- 1 bunch spring onion finely chopped
- 1 cup pecans chopped

Equipment

- bowl

Directions

- In a medium bowl, mix the cream cheese, green onions and dried beef. Form the mixture into a ball.
- Sprinkle with pecans. Chill in the refrigerator approximately 2 hours before serving.

Nutrition Facts

PROTEIN 9.59% **FAT 84.68%** **CARBS 5.73%**

Properties

Glycemic Index:11.5, Glycemic Load:1.83, Inflammation Score:-7, Nutrition Score:13.369999838912%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 619.72kcal (30.99%), Fat: 59.66g (91.78%), Saturated Fat: 26.93g (168.32%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.08g (5.64%), Cholesterol: 141.37mg (47.12%), Sodium: 382.04mg (16.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.41%), Manganese: 0.84mg (42.01%), Vitamin A: 1572.99IU (31.46%), Phosphorus: 232.86mg (23.29%), Selenium: 16.14µg (23.05%), Vitamin B2: 0.34mg (20.21%), Zinc: 2.99mg (19.9%), Vitamin B12: 1.06µg (17.64%), Copper: 0.26mg (13.24%), Calcium: 132.4mg (13.24%), Vitamin K: 11.98µg (11.41%), Vitamin B6: 0.23mg (11.31%), Vitamin B1: 0.16mg (10.96%), Vitamin B5: 1mg (9.96%), Magnesium: 39.41mg (9.85%), Vitamin B3: 1.93mg (9.67%), Potassium: 337.27mg (9.64%), Vitamin E: 1.41mg (9.38%), Iron: 1.38mg (7.65%), Fiber: 1.85g (7.39%), Folate: 19.41µg (4.85%), Vitamin C: 0.95mg (1.15%)