



Healthdor

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Cheese Ball and Celery ♦♦

A delicious cheese ball served with celery sticks. Perfect for parties and gatherings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

200 g	cream cheese
100 g	cheddar cheese
4 stalks	Green Onions
2 tsp	worcestershire sauce
1 tsp	garlic powder
200 g	celery sticks

Directions

Step 1

Mixing

In a mixing bowl, combine cream cheese, cheddar cheese, chopped green onions, Worcestershire sauce, and garlic powder.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Refrigerating

Shape the mixture into a ball and refrigerate for at least 1 hour.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Serve the cheese ball with celery sticks.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 16 g

Protein: 5 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	16 g	57.14%	64%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	80 mg	2.35%	3.08%
Zinc	4 mg	36.36%	50%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Christmas Easter Barbecue Game Day

Kitchen Tools

Slow Cooker

Course

Appetizers Salads Snacks

Cultural

Chinese New Year Diwali Thanksgiving

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly

Diet

Vegetarian Diet Vegan Diet Lacto-Ovo Vegetarian Diet The F-Plan Diet
The Air Diet The Master Cleanse Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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