

Black Olive Cheese Ball

Lynne Della Donna

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1 package (4 ounce) blue cheese
 1 package (8 ounce) cream cheese
 1/2 cup margarine
 1 small onion, grated
 1 can (4 ounce) black olives, chopped
 1 cup chopped nuts

In a bowl, combine the blue cheese, cream cheese and margarine.

Add the grated onion and chopped olives. Blend.

Form into a well-shaped ball. Roll in the chopped nuts until well covered.

Chill before serving.

Per Serving (excluding unknown items): 2945 Calories; 285g Fat (84.5% calories from fat); 68g Protein; 50g Carbohydrate; 16g Dietary Fiber; 340mg Cholesterol; 3391mg Sodium. Exchanges: 2 Grain(Starch); 8 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 51 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2945	Vitamin B6 (mg):	.8mg
% Calories from Fat:	84.5%	Vitamin B12 (mcg):	2.5mcg
% Calories from Carbohydrates:	6.6%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	285g	Folacin (mcg):	212mcg
Saturated Fat (g):	100g	Niacin (mg):	9mg
Monounsaturated Fat (g):	121g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	50g	Alcohol (kcal):	0
Cholesterol (mg):	340mg	% Refuse:	0%
Carbohydrate (g):	50g		
Dietary Fiber (g):	16g	Food Exchanges	
Protein (g):	68g	Grain (Starch):	2
Sodium (mg):	3391mg	Lean Meat:	8 1/2
		Vegetable:	1 1/2

Potassium (mg): 1614mg
Calcium (mg): 997mg
Iron (mg): 8mg
Zinc (mg): 12mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 8208IU
Vitamin A (r.e.): 2150RE

Fruit: 0
Non-Fat Milk: 0
Fat: 51 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2945 **Calories from Fat:** 2488

% Daily Values*

Total Fat 285g	439%
Saturated Fat 100g	502%
Cholesterol 340mg	113%
Sodium 3391mg	141%
Total Carbohydrates 50g	17%
Dietary Fiber 16g	65%
Protein 68g	
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Vitamin A	164%
Vitamin C	13%
Calcium	100%
Iron	45%

* Percent Daily Values are based on a 2000 calorie diet.