

# Chicken Cheese Ball

Nancy Silverberg - Hutchinson Island  
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1 can white chunk chicken (such as Tyson or Swanson), drained  
1 package (8 ounce) cream cheese, softened  
3/4 teaspoon soy sauce  
1 tablespoon mayonnaise  
1/4 teaspoon salt  
3 tablespoons dried chives  
crushed walnuts (to coat)  
crushed parsley (to coat)

In a bowl, mix the chicken, cream cheese, soy sauce, mayonnaise, salt and chives. Form into a ball.

Roll the bowl in a mixture of the crushed walnuts and parsley.

Serve with your favorite crackers.

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Per Serving (excluding unknown items): 913 Calories; 93g Fat (89.3% calories from fat); 18g Protein; 7g Carbohydrate; trace Dietary Fiber; 259mg Cholesterol; 1554mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 16 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	913
% Calories from Fat:	89.3%
% Calories from Carbohydrates:	3.0%
% Calories from Protein:	7.7%
Total Fat (g):	93g
Saturated Fat (g):	53g
Monounsaturated Fat (g):	26g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	259mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	18g
Sodium (mg):	1554mg
Potassium (mg):	308mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	33mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0

**Calcium (mg):** 197mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 3759IU  
**Vitamin A (r.e.):** 1046 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 16  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 913                      **Calories from Fat:** 815

### % Daily Values\*

<b>Total Fat</b> 93g	142%
Saturated Fat 53g	263%
<b>Cholesterol</b> 259mg	86%
<b>Sodium</b> 1554mg	65%
<b>Total Carbohydrates</b> 7g	2%
Dietary Fiber trace	1%
<b>Protein</b> 18g	

<b>Vitamin A</b>	75%
<b>Vitamin C</b>	7%
<b>Calcium</b>	20%
<b>Iron</b>	17%

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