

# Islander Cheese Ball

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*Church of St. Peter Council of Catholic Women - Mendota, MN (2003)*

2 packages (8 ounce ea) cream cheese  
 1 can (8 ounce) crushed pineapple,  
 drained well  
 1/4 cup green pepper, chopped  
 2 tablespoons onion, chopped  
 1 tablespoon seasoned salt  
 1 cup pecans, chopped

In a bowl, combine all of the ingredients except the pecans. Refrigerate.

Before serving, roll into a ball and cover with the pecans. The nuts will get soft if put on too soon.

Serve in a scooped-out fresh pineapple with bacon-flavored crackers.

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Per Serving (excluding unknown items): 2519 Calories; 235g Fat (81.2% calories from fat); 45g Protein; 77g Carbohydrate; 11g Dietary Fiber; 509mg Cholesterol; 5477mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fruit; 44 Fat; 0 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2519	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	81.2%	<b>Vitamin B12 (mcg):</b>	2.0mcg
<b>% Calories from Carbohydrates:</b>	11.8%	<b>Thiamin B1 (mg):</b>	1.2mg
<b>% Calories from Protein:</b>	6.9%	<b>Riboflavin B2 (mg):</b>	1.1mg
<b>Total Fat (g):</b>	235g	<b>Folacin (mcg):</b>	128mcg
<b>Saturated Fat (g):</b>	108g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	91g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	24g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	509mg	<b>% Refused:</b>	0 0%
<b>Carbohydrate (g):</b>	77g		
<b>Dietary Fiber (g):</b>	11g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	45g	<b>Grain (Starch):</b>	1 1/2
<b>Sodium (mg):</b>	5477mg	<b>Lean Meat:</b>	5 1/2
<b>Potassium (mg):</b>	1379mg	<b>Vegetable:</b>	1/2
<b>Calcium (mg):</b>	452mg	<b>Fruit:</b>	2 1/2
		<b>Non-Fat Milk:</b>	0

**Iron (mg):** 9mg  
**Zinc (mg):** 9mg  
**Vitamin C (mg):** 60mg  
**Vitamin A (i.u.):** 7090IU  
**Vitamin A (r.e.):** 2042RE

**Fat:** 44  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 2519                      **Calories from Fat:** 2046

### % Daily Values\*

<b>Total Fat</b>	235g	362%
Saturated Fat	108g	539%
<b>Cholesterol</b>	509mg	170%
<b>Sodium</b>	5477mg	228%
<b>Total Carbohydrates</b>	77g	26%
Dietary Fiber	11g	45%
<b>Protein</b>	45g	
<b>Vitamin A</b>		142%
<b>Vitamin C</b>		101%
<b>Calcium</b>		45%
<b>Iron</b>		49%

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