

Pineapple-Cheese Ball

Mary Gorbet

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

Yield: 3 cups

2 packages (8 ounce ea) cream cheese
1/4 green pepper, chopped very fine
1 small onion, chopped very fine
1 can (8 ounce) crushed pineapple,
drained
1 cup crushed pecans or walnuts
1/2 cup finely crushed nuts

In a large bowl, thoroughly mix the cream cheese, green pepper and onion.

Add the pineapple and one cup of the crushed pecans. Blend thoroughly.

Form into a ball and roll in the finely crushed nuts.

Refrigerate for at least one hour before serving.

Per Serving (excluding unknown items): 1819 Calories; 162g Fat (78.4% calories from fat); 38g Protein; 63g Carbohydrate; 4g Dietary Fiber; 509mg Cholesterol; 1378mg Sodium. Exchanges: 5 Lean Meat; 2 Vegetable; 2 1/2 Fruit; 29 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1819	Vitamin B6 (mg):	.6mg
% Calories from Fat:	78.4%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	13.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	162g	Folacin (mcg):	101mcg
Saturated Fat (g):	102g	Niacin (mg):	1mg
Monounsaturated Fat (g):	46g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	509mg	% Refuse:	n n%
Carbohydrate (g):	63g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	38g	Lean Meat:	5
Sodium (mg):	1378mg	Vegetable:	2

Potassium (mg): 1084mg
Calcium (mg): 430mg
Iron (mg): 7mg
Zinc (mg): 3mg
Vitamin C (mg): 57mg
Vitamin A (i.u.): 6904IU
Vitamin A (r.e.): 2023 1/2RE

Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 29 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1819 **Calories from Fat:** 1426

% Daily Values*

Total Fat 162g	250%
Saturated Fat 102g	510%
Cholesterol 509mg	170%
Sodium 1378mg	57%
Total Carbohydrates 63g	21%
Dietary Fiber 4g	17%
Protein 38g	
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Vitamin A	138%
Vitamin C	96%
Calcium	43%
Iron	37%

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