

Cranberry Nut Cheese Balls/Spread

177 cal - 3g net carbs per serving

(2837 cal - 49g net carbs in total recipe)

Servings: 16



Low Carbe Diem

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16 ounces cream cheese, softened
2 cloves garlic, finely minced
2 cups white sharp cheddar cheese, shredded
1/4 cup dried cranberries, finely chopped
1/2 cup walnuts, finely chopped
3 tbs green leafy garnish, finely chopped

Try mint, parsley, rosemary, sage, basil or thyme.

DIRECTIONS

In a bowl, mix together cream cheese, garlic and cheddar cheese until well combined, and cheddar is evenly distributed.

Using a spoon, drop balls of the cheese mixture onto a sheet of parchment paper or a non-stick baking sheet.

Cover balls, place into the fridge and chill at least one hour, or overnight.

Remove from fridge. Set up three small plates or containers, each with one ingredient: walnuts, cranberries, and chopped green herbs.

Lightly roll and press the balls into the chopped walnuts. Roll in the dried cranberry. Roll through the chopped green herbs.

You can use your hands to press the toppings into all the cracks and crevices.

Keep chilled until ready to serve.

Total Recipe: 2837 Calories; 258g Fat (82% calories from fat); 86g Protein; 54g Carbohydrate; 5g Fiber.

Per Serving: 177 Calories; 16g Fat (82% calories from fat); 5.4g Protein; 3.37g Carbohydrate; 0.31g Fiber.