

Indian

Middle
Eastern

Korean

Around the World" Cheese Ball Flight

READY IN



270 min.

SERVINGS



100

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz cream cheese softened
- 10 oz goat cheese softened (goat)
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon worcestershire sauce
- 0.3 teaspoon kosher salt (coarse)
- 0.3 teaspoon pepper black freshly ground
- 4 oz roquefort cheese crumbled
- 2 teaspoons honey
- 1 tablespoon shallots finely chopped

- 0.3 cup parsley fresh chopped
- 2 tablespoons almonds finely chopped
- 1 slices crusty baguette toasted for serving
- 1 cup queso fresco crumbled
- 0.8 teaspoon ancho chili powder
- 2 teaspoons chipotles in adobo chopped (from 7-oz can)
- 2 tablespoons spring onion chopped (2 medium)
- 0.8 cup pumpkin seeds finely chopped (pumpkin seeds)
- 1 serving tortilla chips for serving
- 4 oz feta cheese crumbled
- 2 tablespoons mint leaves fresh chopped
- 1.5 teaspoons suya seasoning mix
- 0.8 cup pistachios finely chopped
- 1 serving wholewheat pita breads for serving
- 4 oz paneer shredded finely
- 2 teaspoons lime zest fresh grated
- 1.5 teaspoons curry powder
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup roasted cashews salted finely chopped
- 1 serving naan breads for serving
- 4 oz mozzarella cheese shredded
- 1 teaspoon korean honey citron tea paste
- 0.3 cup kimchi finely chopped
- 2 tablespoons spring onion finely chopped (2 medium)
- 1 teaspoon lime zest fresh grated
- 0.8 cup sesame seed black
- 1 serving round buttery crackers for serving

Equipment

- bowl
- baking sheet
- baking paper
- hand mixer

Directions

- In large bowl, beat Basic Cheese Ball Ingredients with electric mixer fitted with paddle attachment on medium speed until combined. Divide mixture into 5 medium bowls; use 1 bowl to make each of the flavors as explained in steps 2-
- To make the mini French cheese balls: In one of the 5 bowls, stir in Roquefort cheese, 2 teaspoons honey and the shallot. Drop mixture by teaspoonfuls on cooking parchment paper-lined cookie sheet. Refrigerate about 30 minutes or until set. Shape each into 3/4-inch ball. In small bowl, stir together parsley and almonds.
- Roll balls in mixture to coat before serving.
- Serve with baguette slices.
- To make the mini Mexican cheese balls: In one of the 5 bowls, stir in queso fresco cheese, ancho chile powder, chipotle chiles and green onions. Drop mixture by teaspoonfuls on cooking parchment paper-lined cookie sheet. Refrigerate about 30 minutes or until set. Shape each into 3/4-inch ball. If not using immediately, cover and refrigerate up to 3 days, or freeze up to 1 month.
- Roll balls in chopped pepitas to coat before serving.
- Serve with tortilla chips.
- To make the mini Middle Eastern cheese balls: In one of the 5 bowls, stir in feta cheese, mint leaves and 3/4 teaspoon of the za'atar blend. With moistened hands, shape into 3/4-inch balls; refrigerate until firm, about 1 hour. (If not using immediately, refrigerate up to 3 days, or freeze up to 1 month.) In small bowl, stir together remaining 3/4 teaspoon of the za'atar blend and the pistachio nuts.
- Roll balls in mixture to coat before serving.
- Serve with pita crackers.
- To make the mini Indian cheese balls: In one of the 5 bowls, stir in paneer cheese, 2 teaspoons lime peel, the curry powder and 1 tablespoon of the cilantro. With moistened hands, shape into 3/4-inch balls; refrigerate until firm, about 1 hour. (If not using immediately, refrigerate up to 3 days, or freeze up to 1 month.) In small bowl, stir together remaining 1/4 cup cilantro and

cashews.

- Roll balls in mixture to coat before serving.
- Serve with naan bread.
- To make the mini Korean cheese balls: In one of the 5 bowls, stir in cheese, chili paste, kimchi, green onions and lime peel. Drop mixture by teaspoonfuls on cooking parchment paper-lined cookie sheet. Refrigerate about 30 minutes or until set. Shape each into 3/4-inch ball. If not using immediately, cover and refrigerate up to 3 days or freeze up to 1 month.
- Roll balls in sesame seed to coat before serving.
- Serve with rice crackers.

Nutrition Facts

PROTEIN 15.65% **FAT 70.09%** **CARBS 14.26%**

Properties

Glycemic Index:6.66, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:2.4917391279469%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 66.98kcal (3.35%), Fat: 5.36g (8.24%), Saturated Fat: 2.44g (15.28%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.56g (0.62%), Cholesterol: 10.43mg (3.48%), Sodium: 97.25mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Calcium: 56.39mg (5.64%), Copper: 0.11mg (5.42%), Phosphorus: 53.59mg (5.36%), Manganese: 0.09mg (4.43%), Vitamin K: 4.39µg (4.18%), Magnesium: 13.27mg (3.32%), Vitamin B2: 0.06mg (3.28%), Vitamin A: 156.9IU (3.14%), Selenium: 1.91µg (2.73%), Iron: 0.47mg (2.64%), Zinc: 0.38mg (2.54%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.03mg (2.09%), Fiber: 0.43g (1.74%), Vitamin B12: 0.09µg (1.47%), Folate: 5.86µg (1.47%), Vitamin E: 0.19mg (1.28%), Potassium: 42.15mg (1.2%), Vitamin B5: 0.11mg (1.1%)