



## Artichoke-Cheese Puffs

READY IN



55 min.

SERVINGS



55

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup artichoke hearts canned drained chopped
- 8 oz philadelphia cream cheese softened
- 0.3 cup parmesan cheese grated kraft
- 36 ritz crackers divided
- 0.3 cup milk mozzarella cheese shredded 2% kraft

### Equipment

- bowl
- frying pan

baking sheet

oven

## Directions

Crush 4 crackers; place crumbs in shallow dish.

Mix cheeses in medium bowl until blended; stir in artichokes.

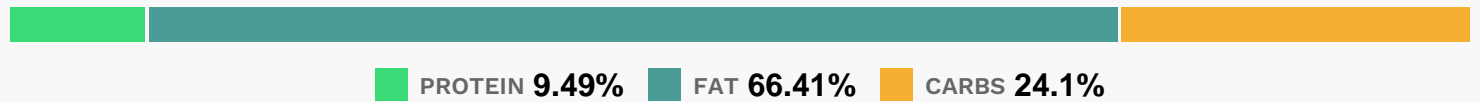
Roll cheese mixture into 32 balls, using about 2 tsp. cheese mixture for each. Coat evenly with cracker crumbs; place in shallow pan. Refrigerate 30 min.

Heat oven to 350F.

Place remaining crackers in single layer on baking sheet; top each with 1 cheese ball.

Bake 15 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:0.98, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.57478260985859%

## Nutrients (% of daily need)

Calories: 28.64kcal (1.43%), Fat: 2.12g (3.25%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.36g (0.4%), Cholesterol: 4.96mg (1.65%), Sodium: 59.17mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Phosphorus: 14.46mg (1.45%), Calcium: 13.61mg (1.36%), Vitamin A: 62.75IU (1.26%), Vitamin B2: 0.02mg (1.04%), Vitamin K: 1.09µg (1.04%)