



Baked Cheese Olives

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 cup flour all-purpose
- ☐ 24 pimento-stuffed olives green
- ☐ 1 cup cheddar cheese shredded

Equipment

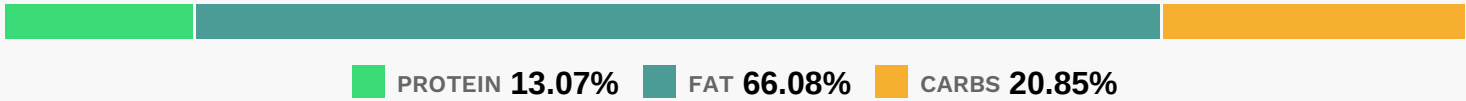
- ☐ baking sheet
- ☐ oven

☐ mixing bowl

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a small mixing bowl, combine cheese and butter or margarine. Stir flour and cayenne pepper into the cheese and butter mixture. Blend well. Wrap a tablespoon of dough around each green olive. Arrange the wrapped olives on a cookie sheet.
- ☐ Bake for 15 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:2.6821739163412%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 102.93kcal (5.15%), Fat: 7.65g (11.76%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.94g (1.8%), Sugar: 0.11g (0.12%), Cholesterol: 17.32mg (5.77%), Sodium: 241.8mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Calcium: 86.53mg (8.65%), Selenium: 5.43µg (7.76%), Phosphorus: 59.63mg (5.96%), Vitamin B2: 0.08mg (4.86%), Vitamin A: 231.33IU (4.63%), Vitamin B1: 0.05mg (3.64%), Folate: 14.21µg (3.55%), Vitamin E: 0.53mg (3.51%), Zinc: 0.47mg (3.1%), Manganese: 0.04mg (2.21%), Vitamin B12: 0.12µg (2.08%), Vitamin B3: 0.4mg (2%), Iron: 0.36mg (1.99%), Fiber: 0.49g (1.97%), Magnesium: 5.58mg (1.39%), Copper: 0.02mg (1.22%)