



Bat Bites



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



16

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

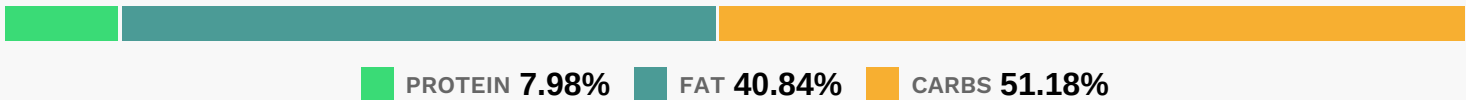
- ☐ 4 oz cream cheese softened
- ☐ 8 ounces goat cheese soft at room temperature
- ☐ 2 tablespoons pepper black
- ☐ 8 olives pitted sliced
- ☐ 32 peppercorns
- ☐ 0.3 cup basil pesto
- ☐ 2 tablespoons poppy seeds
- ☐ 32 tortilla chips blue leftover

Equipment

Directions

- ☐ Mash together cream cheese, goat cheese and pesto. Chill for 40 minutes.
- ☐ Shape mixture into 16 2-inch balls, about 1 heaping tsp. each.
- ☐ Roll in black pepper and poppy seeds to cover. Press two olive slices into balls for eyes and place peppercorns in centers for pupils.
- ☐ Insert chip on either side of ball for wings; serve.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:4.4452174141517%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 268.41kcal (13.42%), Fat: 12.66g (19.48%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 35.71g (11.9%), Net Carbohydrates: 25.11g (9.13%), Sugar: 2.57g (2.85%), Cholesterol: 13.99mg (4.66%), Sodium: 522.33mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Fiber: 10.59g (42.36%), Manganese: 0.21mg (10.58%), Copper: 0.14mg (6.92%), Vitamin A: 332.79IU (6.66%), Phosphorus: 55.24mg (5.52%), Calcium: 54.38mg (5.44%), Vitamin B2: 0.07mg (4.3%), Iron: 0.51mg (2.84%), Vitamin B6: 0.05mg (2.28%), Magnesium: 8.65mg (2.16%), Vitamin K: 1.99µg (1.89%), Zinc: 0.27mg (1.78%), Selenium: 1.22µg (1.75%), Vitamin B5: 0.15mg (1.54%), Vitamin B1: 0.02mg (1.51%), Vitamin E: 0.19mg (1.28%)