



## Cheddar and Olive Balls

 Vegetarian

READY IN



70 min.

SERVINGS



45

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter softened
- 18.5 ounces extra sharp cheddar cheese shredded
- 1.5 cups flour all-purpose
- 45 olive green pitted
- 0.5 teaspoon paprika

### Equipment

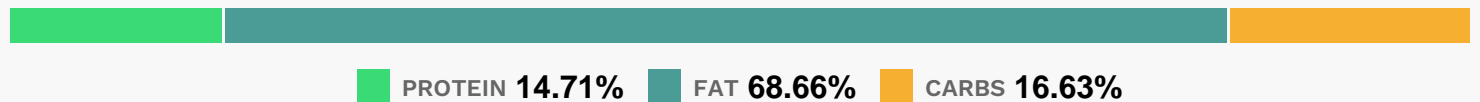
- bowl
- baking sheet

- oven
- blender

## Directions

- Allow cheese to sit out until it is at room temperature. In a large bowl, mix together the cheese, butter and paprika using a pastry blender. Gradually mix in flour, first using the pastry blender, then using your hands.
- Mix until the dough pulls together. It should form a solid ball with a smooth appearance, but have a crumbly texture when pulled apart. If dough appears too dry, add more shredded cheese.
- Preheat the oven to 375 degrees F (190 degrees C). Pinch off a small piece of dough, and cover an olive with it.
- Roll gently between your palms to smooth and seal the olive inside the ball.
- Place onto an ungreased cookie sheet and repeat with remaining dough and olives.
- Place the tray of covered olives into the refrigerator for 10 minutes to firm up.
- Bake for 20 to 25 minutes in the preheated oven, or until browned.
- Serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:3.71, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:2.2526087061219%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 86.67kcal (4.33%), Fat: 6.66g (10.25%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.08g (0.08%), Cholesterol: 17.08mg (5.69%), Sodium: 154.94mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Calcium: 85.76mg (8.58%), Selenium: 4.77µg (6.82%), Phosphorus: 58.71mg (5.87%), Vitamin B2: 0.07mg (4.32%), Vitamin A: 206.48IU (4.13%), Zinc: 0.46mg (3.08%), Folate: 10.28µg (2.57%), Vitamin B1: 0.04mg (2.48%), Vitamin B12: 0.13µg (2.13%), Vitamin E: 0.31mg (2.05%), Manganese: 0.03mg (1.5%), Vitamin B3: 0.26mg (1.32%), Iron: 0.24mg (1.32%), Magnesium: 4.59mg (1.15%),

Fiber: 0.25g (1.01%)