



Cheddar-Jalapeno Appetizer Bites

READY IN



39 min.

SERVINGS



39

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 8 oz philadelphia spicy jalapeño cream cheese spread
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 14 slices sandwich bread white trimmed

Equipment

- baking sheet
- oven

rolling pin

Directions

Heat oven to 400F.

Mix cream cheese spread and cheddar until blended.

Flatten bread slices with rolling pin; spread with butter. Turn over; spread with cream cheese mixture.

Roll up tightly.

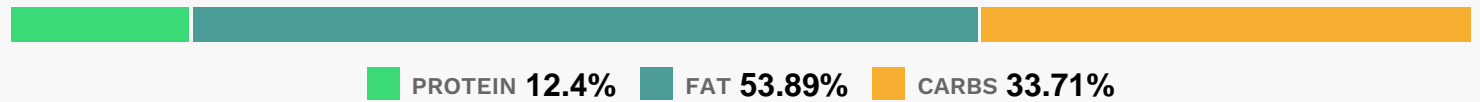
Cut in half.

Roll, 1 piece at a time, in Parmesan until evenly coated.

Place on baking sheet sprayed with cooking spray.

Bake 12 to 14 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:1.4369565261447%

Nutrients (% of daily need)

Calories: 58.6kcal (2.93%), Fat: 3.49g (5.38%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.71g (1.71%), Sugar: 0.67g (0.74%), Cholesterol: 8.93mg (2.98%), Sodium: 103.58mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Calcium: 44.06mg (4.41%), Selenium: 2.81µg (4.01%), Vitamin B1: 0.05mg (3.08%), Manganese: 0.05mg (2.7%), Folate: 10.36µg (2.59%), Vitamin A: 113.61IU (2.27%), Phosphorus: 22.54mg (2.25%), Vitamin B3: 0.43mg (2.15%), Vitamin B2: 0.03mg (1.85%), Iron: 0.31mg (1.71%), Zinc: 0.17mg (1.14%)