



Cheese Bites

READY IN



15 min.

SERVINGS



15

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16.3 oz flaky buttermilk biscuits refrigerated canned
- 8 oz cream cheese
- 0.5 cup jalapeño pepper jelly

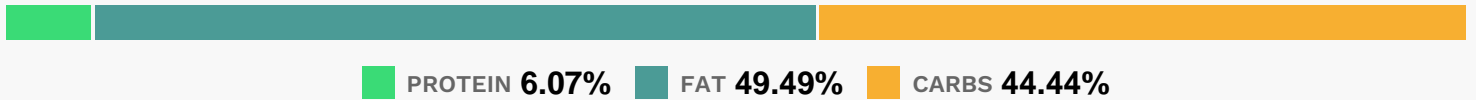
Equipment

- oven
- muffin liners

Directions

- Cut cream cheese into 24 pieces, and let soften.
- Separate each biscuit into thirds, making 3 rounds. Press biscuit rounds into bottom and up sides of 24 mini-muffin cups. Spoon about 1 tsp. pepper jelly into center of each biscuit cup; top each with 1 cream cheese piece.
- Bake at 425 for 8 to 10 minutes or until golden brown.
- Let stand 10 minutes before serving.
- *1/2 cup mango chutney may be substituted.
- Brie Cheese Bites: Prepare recipe as directed, substituting 1 (8-oz.) Brie round, rind removed, for cream cheese.
- Bake as directed.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:9.68, Inflammation Score:-3, Nutrition Score:3.9595651859822%

Nutrients (% of daily need)

Calories: 184.78kcal (9.24%), Fat: 10.28g (15.82%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 20.38g (7.41%), Sugar: 6.08g (6.76%), Cholesterol: 15.58mg (5.19%), Sodium: 340.42mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Phosphorus: 148.65mg (14.86%), Selenium: 7.09µg (10.13%), Vitamin B1: 0.14mg (9%), Vitamin B2: 0.12mg (7.34%), Manganese: 0.12mg (6.12%), Iron: 1.03mg (5.74%), Folate: 22.93µg (5.73%), Vitamin B3: 1.05mg (5.23%), Vitamin A: 257.84IU (5.16%), Vitamin E: 0.54mg (3.58%), Calcium: 29.76mg (2.98%), Potassium: 88.96mg (2.54%), Vitamin B5: 0.18mg (1.79%), Magnesium: 6.6mg (1.65%), Fiber: 0.4g (1.6%), Vitamin K: 1.58µg (1.51%), Zinc: 0.22mg (1.49%), Copper: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.27%), Vitamin B6: 0.02mg (1.15%)