



Cheese Bread Bites

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



546 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup butter
- ☐ 6 oz cream cheese softened
- ☐ 4 egg whites beaten
- ☐ 12 oz bread french trimmed
- ☐ 8 servings optional: marinara sauce
- ☐ 0.5 pound sharp cheddar cheese cubed

Equipment

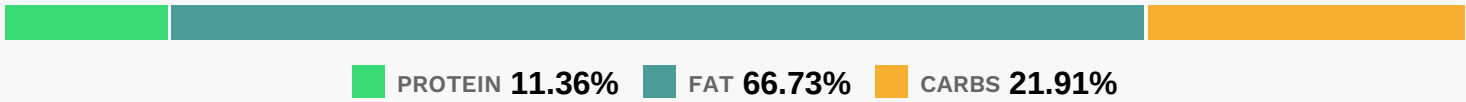
- ☐ baking sheet

- ☐ oven
- ☐ double boiler

Directions

- ☐ Cut bread into one-inch cubes; set aside. Melt butter and cheeses in a double boiler over low heat, stirring often.
- ☐ Remove from heat; fold in egg whites.
- ☐ Dip bread cubes into cheese mixtures; set on greased baking sheets.
- ☐ Place in freezer until frozen; remove from baking sheets and store in plastic zipping bags in the freezer up to one month.
- ☐ To serve, bake frozen at 400 for 12 minutes on greased baking sheets.
- ☐ Serve with marinara sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:28.69, Glycemic Load:19.63, Inflammation Score:-8, Nutrition Score:16.025217382804%

Nutrients (% of daily need)

Calories: 546.4kcal (27.32%), Fat: 41.39g (63.67%), Saturated Fat: 24.6g (153.74%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 27.79g (10.11%), Sugar: 7.34g (8.16%), Cholesterol: 110.83mg (36.94%), Sodium: 1296.17mg (56.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Selenium: 26.03µg (37.19%), Vitamin A: 1809.13IU (36.18%), Vitamin B2: 0.51mg (30.04%), Calcium: 268.18mg (26.82%), Phosphorus: 239.38mg (23.94%), Vitamin B1: 0.35mg (23.1%), Vitamin E: 2.91mg (19.38%), Folate: 72.65µg (18.16%), Manganese: 0.36mg (18.04%), Vitamin B3: 3.33mg (16.63%), Iron: 2.93mg (16.25%), Potassium: 494.73mg (14.14%), Zinc: 1.89mg (12.59%), Copper: 0.22mg (11.11%), Fiber: 2.77g (11.09%), Magnesium: 43.77mg (10.94%), Vitamin C: 8.57mg (10.39%), Vitamin B6: 0.2mg (9.93%), Vitamin B5: 0.82mg (8.19%), Vitamin B12: 0.41µg (6.82%), Vitamin K: 6.84µg (6.52%), Vitamin D: 0.17µg (1.13%)