



Cheese-Filled Potato Bites

 Gluten Free

READY IN



55 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup water
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups potatoes plain dry mashed ()
- ☐ 1 eggs
- ☐ 0.3 cup chives fresh chopped
- ☐ 2.8 oz cheese (from 8 oz. box)
- ☐ 1 eggs

- ☐ 1 tablespoon water
- ☐ 1 cup potatoes plain dry mashed ()
- ☐ 1 stick pam original flavor shopping list

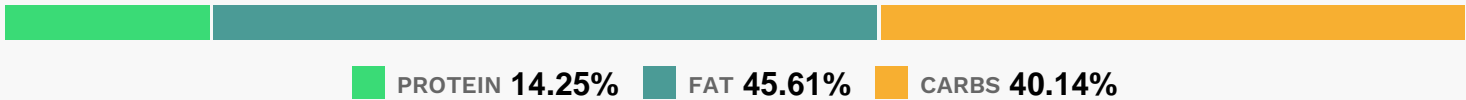
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ In medium saucepan, bring 1 cup water, butter and salt to a boil.
- ☐ Add 1 1/3 cups mashed potato mix, 1 egg and chives; mix well.
- ☐ Let stand 30 seconds. Stir. Cool 10 minutes.
- ☐ Meanwhile, heat oven to 400°F. Spoon mashed potatoes into 24 mounds, about 1 tablespoon each, onto ungreased cookie sheet. Flatten into disks.
- ☐ Place 1 cheese cube in center of each potato disk. With pancake turner, remove each disk from cookie sheet; pinch potatoes around cheese cube to form ball.
- ☐ In small bowl, beat 1 egg and 1 tablespoon water until well blended.
- ☐ Place 1 cup mashed potato mix in another shallow dish or bowl.
- ☐ Roll balls in potato mix, then in egg mixture and again in potato mix.
- ☐ Place on ungreased cookie sheet.
- ☐ Just before baking, spray coated potato balls with nonstick cooking spray.
- ☐ Bake at 400°F. for 10 to 12 minutes or until potato coating just begins to brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.9434782707173%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 47.97kcal (2.4%), Fat: 2.46g (3.78%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.47g (1.63%), Sugar: 0.23g (0.25%), Cholesterol: 19.4mg (6.47%), Sodium: 89.03mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 4.97mg (6.02%), Selenium: 2.84µg (4.06%), Vitamin B1: 0.06mg (4.03%), Phosphorus: 31.76mg (3.18%), Calcium: 27.6mg (2.76%), Vitamin B6: 0.05mg (2.64%), Vitamin B2: 0.04mg (2.26%), Potassium: 73.13mg (2.09%), Vitamin A: 100.28IU (2.01%), Vitamin B5: 0.19mg (1.94%), Vitamin B3: 0.37mg (1.87%), Fiber: 0.4g (1.58%), Vitamin K: 1.57µg (1.49%), Zinc: 0.21mg (1.41%), Folate: 5.56µg (1.39%), Magnesium: 5.47mg (1.37%), Vitamin B12: 0.07µg (1.15%)