



Cheese Puffs

READY IN



45 min.

SERVINGS



24

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 ounce cream cheese
- ☐ 2 egg whites
- ☐ 16 ounce bread french
- ☐ 4 ounces sharp cheddar cheese shredded

Equipment

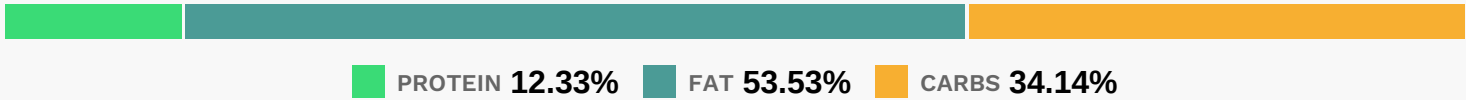
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Trim crust from bread; discard.
- ☐ Cut bread into 2-inch cubes; place in a large bowl.
- ☐ Melt butter and cheeses in a saucepan over low heat; stir occasionally.
- ☐ Beat whites at high speed with an electric mixer until stiff peaks form; fold one-quarter of whites into cheese mixture. Fold into remaining whites.
- ☐ Pour over bread cubes, tossing to coat.
- ☐ Place bread cubes in a single layer on an ungreased cookie sheet.
- ☐ Bake at 400 for 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:7.65, Inflammation Score:-3, Nutrition Score:3.3221738912651%

Nutrients (% of daily need)

Calories: 118.39kcal (5.92%), Fat: 7.09g (10.91%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.76g (3.55%), Sugar: 1.04g (1.16%), Cholesterol: 8.3mg (2.77%), Sodium: 204.55mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Selenium: 7.55µg (10.78%), Vitamin B1: 0.14mg (9.13%), Vitamin B2: 0.12mg (7.2%), Folate: 24.71µg (6.18%), Vitamin A: 264.1IU (5.28%), Manganese: 0.1mg (5.01%), Calcium: 48.26mg (4.83%), Phosphorus: 46.74mg (4.67%), Vitamin B3: 0.92mg (4.6%), Iron: 0.75mg (4.18%), Zinc: 0.39mg (2.59%), Magnesium: 8.06mg (2.01%), Vitamin E: 0.25mg (1.68%), Fiber: 0.42g (1.66%), Copper: 0.03mg (1.57%), Vitamin B6: 0.03mg (1.3%), Vitamin B5: 0.11mg (1.12%), Vitamin B12: 0.06µg (1.08%), Potassium: 36.49mg (1.04%)