



Cheese Squares

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs
- 8 ounce cheddar cheese
- 2 eggs
- 0.3 cup milk
- 2 cups vegetable oil for frying

Equipment

- bowl
- frying pan

paper towels

Directions

- Cut the block of cheese lengthwise in half (to make thinner pieces) and then into squares or triangles.
- Mix eggs and milk in small bowl. Dip the cheese pieces into this mixture. Coat moistened cheese thoroughly with bread crumbs. Refrigerate for 30 minutes or freeze for 10 minutes to firm up the breaded cheese.
- Heat oil in shallow pan to a medium-high temperature. Make sure the oil is only 1/2 way up the cheese squares. Pan fry the squares until they are lightly browned. Flip them only once.
- Drain on paper towels.

Nutrition Facts


PROTEIN 14.03% **FAT 70.83%** **CARBS 15.14%**

Properties

Glycemic Index:16.25, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:16.053912950599%

Nutrients (% of daily need)

Calories: 571.3kcal (28.57%), Fat: 45.09g (69.37%), Saturated Fat: 15.51g (96.92%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.47g (7.44%), Sugar: 2.68g (2.97%), Cholesterol: 140.37mg (46.79%), Sodium: 605.49mg (26.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.18%), Calcium: 481.35mg (48.13%), Selenium: 29.89µg (42.71%), Vitamin K: 43.34µg (41.28%), Phosphorus: 363.19mg (36.32%), Vitamin B2: 0.48mg (28.26%), Vitamin B1: 0.29mg (19.66%), Zinc: 2.82mg (18.79%), Vitamin E: 2.47mg (16.46%), Vitamin B12: 0.97µg (16.23%), Vitamin A: 711.63IU (14.23%), Manganese: 0.26mg (13.03%), Folate: 51.14µg (12.78%), Iron: 1.78mg (9.91%), Vitamin B3: 1.85mg (9.27%), Magnesium: 31.39mg (7.85%), Vitamin B5: 0.78mg (7.77%), Vitamin D: 0.95µg (6.32%), Vitamin B6: 0.12mg (5.92%), Copper: 0.1mg (5.18%), Fiber: 1.22g (4.86%), Potassium: 149.81mg (4.28%)