



Cheesy Buttery Puff

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 4 eggs separated
- 3 Tbsp chives fresh chopped
- 0.5 cup milk
- 0.3 cup ritz crackers crushed
- 4 oz velveeta cut into 1/2-inch cubes
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Equipment

- bowl
- oven
- whisk
- blender
- baking pan
- microwave

Directions

- Heat oven to 375F.
- Spread cracker crumbs onto bottom of 9-inch square baking dish sprayed with cooking spray.
- Microwave milk, VELVEETA and cream cheese in large microwaveable bowl on HIGH 1-1/2 min. or until cheeses are completely melted and mixture is well blended, stirring after each minute.
- Whisk egg yolks and chives until blended. Stir into VELVEETA mixture.
- Beat egg whites in small bowl with mixer on high speed until stiff peaks form; gently stir into VELVEETA mixture.
- Pour into prepared dish.
- Bake 20 to 25 min. or until top is puffed and golden brown.
- Serve immediately.

Nutrition Facts



PROTEIN 16.94% **FAT 70.29%** **CARBS 12.77%**

Properties

Glycemic Index:18.33, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:4.998260864745%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 137.15kcal (6.86%), Fat: 10.73g (16.5%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.27g (1.55%), Sugar: 2.1g (2.33%), Cholesterol: 130.65mg (43.55%), Sodium: 138.17mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.63%), Selenium: 11.18µg (15.98%), Vitamin B2: 0.22mg (12.71%), Phosphorus: 108.81mg (10.88%), Vitamin A: 510.46IU (10.21%), Vitamin B12: 0.41µg (6.87%), Calcium: 66.28mg (6.63%), Vitamin B5: 0.65mg (6.5%), Vitamin D: 0.81µg (5.4%), Vitamin K: 5.41µg (5.15%), Folate: 19.46µg (4.87%), Vitamin E: 0.6mg (4%), Iron: 0.71mg (3.93%), Zinc: 0.58mg (3.9%), Vitamin B6: 0.08mg (3.85%), Potassium: 104.33mg (2.98%), Vitamin B1: 0.04mg (2.89%), Magnesium: 8.92mg (2.23%), Manganese: 0.03mg (1.74%), Copper: 0.03mg (1.56%), Vitamin B3: 0.23mg (1.16%), Vitamin C: 0.87mg (1.06%)