



Crispy Cheese Bites

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 cups rice cereal crisp
- ☐ 2 cups flour all-purpose
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.3 teaspoon bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded

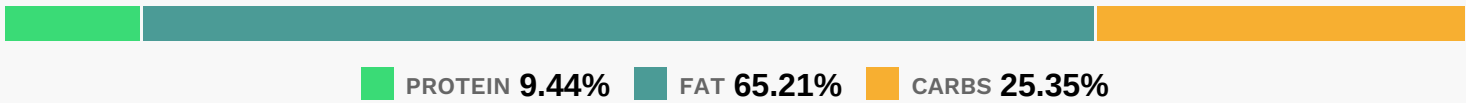
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together butter and cheeses until blended. Stir in flour and remaining ingredients. (Dough will be stiff.)
- ☐ Shape dough into 3/4-inch balls, and place on an ungreased baking sheet.
- ☐ Bake at 325 for 20 minutes. Cool on wire racks. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:1.2034782552687%

Nutrients (% of daily need)

Calories: 59.44kcal (2.97%), Fat: 4.33g (6.66%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.67g (1.33%), Sugar: 0.03g (0.03%), Cholesterol: 11.71mg (3.9%), Sodium: 67.52mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Selenium: 2.32µg (3.32%), Calcium: 29.06mg (2.91%), Vitamin A: 128.66IU (2.57%), Vitamin B1: 0.04mg (2.43%), Folate: 9.44µg (2.36%), Phosphorus: 23.2mg (2.32%), Vitamin B2: 0.04mg (2.31%), Manganese: 0.03mg (1.44%), Vitamin B3: 0.27mg (1.36%), Iron: 0.23mg (1.27%), Zinc: 0.17mg (1.1%)