



Crunchy Cheese Nibblers

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



130 kcal

SIDE DISH

Ingredients

- 0.3 cup butter softened
- 0.5 cup flour all-purpose
- 1 teaspoon ground mustard
- 1 cup potato chips crushed
- 4 ounces cheddar cheese shredded finely

Equipment

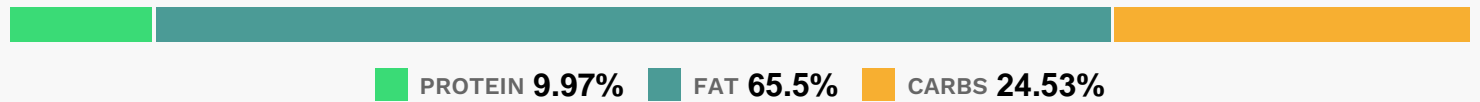
- bowl
- baking sheet

- oven
- wire rack

Directions

- In a bowl, combine all ingredients. Shape dough into 3/4-in. balls.
- Place on ungreased baking sheets and flatten slightly.
- Bake at 375° for 5–8 minutes or until golden brown.
- Remove to a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:3.3034782608696%

Nutrients (% of daily need)

Calories: 129.95kcal (6.5%), Fat: 9.57g (14.72%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.69g (2.79%), Sugar: 0.08g (0.09%), Cholesterol: 19.62mg (6.54%), Sodium: 129.67mg (5.64%), Protein: 3.28g (6.55%), Selenium: 5.01µg (7.16%), Calcium: 70.66mg (7.07%), Phosphorus: 62.26mg (6.23%), Vitamin E: 0.93mg (6.19%), Vitamin B2: 0.08mg (4.45%), Manganese: 0.09mg (4.38%), Vitamin A: 212.92IU (4.26%), Vitamin B1: 0.06mg (4.02%), Vitamin B5: 0.38mg (3.76%), Folate: 13.98µg (3.5%), Vitamin B3: 0.66mg (3.3%), Zinc: 0.47mg (3.17%), Potassium: 100.21mg (2.86%), Vitamin B6: 0.05mg (2.36%), Magnesium: 8.87mg (2.22%), Vitamin K: 2.15µg (2.05%), Iron: 0.36mg (2.02%), Vitamin C: 1.54mg (1.87%), Vitamin B12: 0.11µg (1.8%), Fiber: 0.38g (1.52%), Copper: 0.03mg (1.41%)