



Dad's Magic Bar Olives

 Vegetarian

READY IN



105 min.

SERVINGS



60

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce cream cheese softened
- ☐ 2 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon hot sauce tabasco® (such as)
- ☐ 21 ounce queen-size olives green pitted drained
- ☐ 1 cup pepper jack cheese shredded
- ☐ 4 cups vegetable oil for frying

☐ 1 tablespoon water

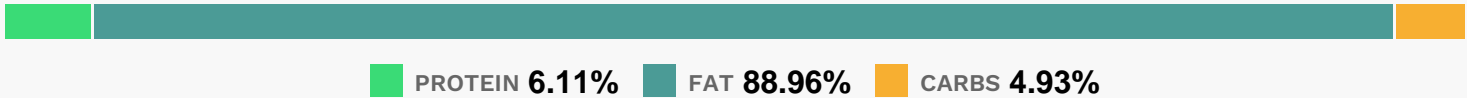
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Mix together the cream cheese, pepperjack cheese, and hot sauce until evenly blended.
- ☐ Place into a piping bag, and fill each olive with the cheese mixture.
- ☐ Place the olives onto a baking sheet, and freeze 30 minutes.
- ☐ Beat the eggs with the water in a small bowl; set aside.
- ☐ Combine the bread crumbs, flour, and black pepper in a mixing bowl. Dip the olives into the egg mixture, then roll in the bread crumbs. Replace the breaded olives onto the baking sheet, and freeze 30 minutes more.
- ☐ Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Bread the olives a second time by dipping into the remaining egg mixture, then rolling in the bread crumbs. Fry the olives in batches in the preheated oil until golden brown on the outside and hot on the inside, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:2.68, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.0886956568321%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 56.82kcal (2.84%), Fat: 5.79g (8.91%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.14g (0.16%), Cholesterol: 9.04mg (3.01%), Sodium: 175.89mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin K: 5.63µg (5.36%), Vitamin E: 0.65mg (4.35%), Calcium: 22.06mg (2.21%), Vitamin A: 87.07IU (1.74%), Selenium: 1.06µg (1.52%), Phosphorus: 14.02mg (1.4%), Fiber: 0.34g (1.37%), Vitamin B2: 0.02mg (1.2%)