



Herb-Coated Mini Cheese Balls

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 roasted-garlic bagel chips plain mini ()
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 4 oz feta cheese crumbled
- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 tablespoon rosemary leaves fresh finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon lemon zest grated

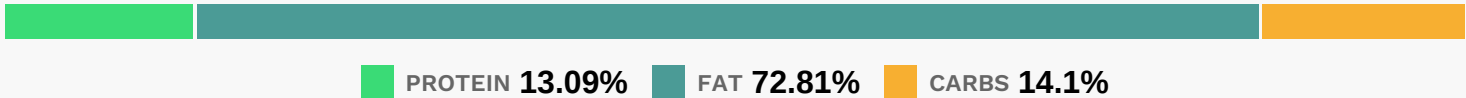
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In small bowl, mix cheeses and 1/4 teaspoon of the pepper, using fork or back of spoon to mash feta, until well blended. Cover; refrigerate 45 to 60 minutes or until firm enough to shape into balls.
- ☐ In small shallow bowl, mix parsley, basil, rosemary, lemon peel and remaining 1/4 teaspoon pepper. Shape cheese mixture into 1-inch balls (about 1 teaspoon cheese mixture for each ball); roll in parsley mixture to coat (some cheese will show through herbs).
- ☐ To serve immediately, place each ball on a bagel chip. To make ahead, do not place cheese balls on bagel chips; cover with plastic wrap and refrigerate until ready to serve but no longer than 24 hours. Just before serving, place each ball on a bagel chip.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.5095652121565%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 34.24kcal (1.71%), Fat: 2.82g (4.33%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.26g (0.29%), Cholesterol: 8.98mg (2.99%), Sodium: 80.17mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin K: 11.54µg (10.99%), Vitamin B2: 0.05mg (3.05%), Vitamin A: 151.94IU (3.04%), Calcium: 29.74mg (2.97%), Phosphorus: 21.61mg (2.16%), Selenium: 1.12µg (1.6%), Vitamin B12: 0.09µg (1.5%), Vitamin C: 1mg (1.21%), Vitamin B6: 0.02mg (1.21%), Zinc: 0.17mg (1.13%)