



## Herbed Cheese Puffs

READY IN



22 min.

SERVINGS



30

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 ounce biscuit dough refrigerated canned
- 2 teaspoons basil fresh minced
- 1 clove garlic minced
- 1 bunch green onions chopped
- 1 cup mayonnaise
- 2 teaspoons oregano fresh minced
- 4 ounce parmesan cheese grated
- 4 ounces romano cheese grated

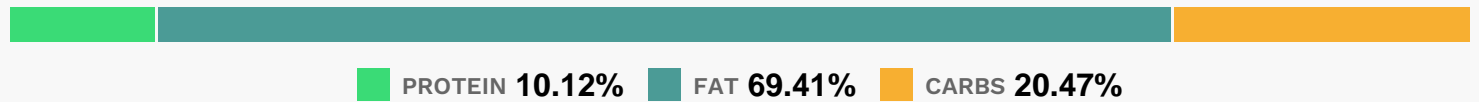
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
- In a medium bowl, mix together Parmesan cheese, Romano cheese, mayonnaise, basil, oregano, green onions and garlic.
- Separate each unbaked biscuit vertically into 3 pieces.
- Spread 1 tablespoon cheese mixture on each piece.
- Arrange pieces in a single layer on baking sheet.
- Bake in the preheated oven 10 to 12 minutes, or until puffed and golden brown.
- Serve warm!

## Nutrition Facts



## Properties

Glycemic Index:9.3, Glycemic Load:3.56, Inflammation Score:-2, Nutrition Score:3.102608702105%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 123.47kcal (6.17%), Fat: 9.54g (14.68%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 6.11g (2.22%), Sugar: 0.49g (0.55%), Cholesterol: 10.47mg (3.49%), Sodium: 265.92mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin K: 15.3µg (14.57%), Phosphorus: 103.67mg (10.37%), Calcium: 82.69mg (8.27%), Selenium: 4.2µg (6%), Vitamin B2: 0.06mg (3.71%), Vitamin B1: 0.05mg (3.5%), Vitamin E: 0.45mg (3.01%), Manganese: 0.06mg (2.93%), Iron: 0.5mg (2.77%), Folate: 9.64µg (2.41%), Zinc: 0.33mg (2.23%), Vitamin B3: 0.4mg (1.99%), Vitamin B12: 0.12µg (1.97%), Magnesium: 5.42mg (1.36%), Vitamin A: 64.07IU

(1.28%), Potassium: 41.41mg (1.18%)