



Italian Cheese Balls

READY IN



45 min.

SERVINGS



6

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 cup eggs beaten
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion chopped
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 cup sacramento tomato juice
- ☐ 2 cups vegetable oil for frying

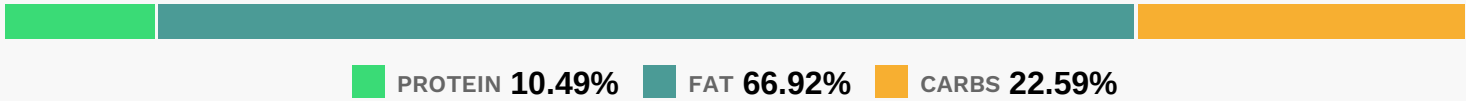
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ deep fryer

Directions

- ☐ In a large bowl, mix together pecans, bread crumbs, cheese, eggs, and onion. Shape into golf ball size balls.
- ☐ Heat oil in an electric deep fryer or heavy saucepan to 365 degrees F (170 degrees C).
- ☐ Add cheese balls to hot oil, and fry until brown. Fry in batches to maintain oil temperature.
- ☐ Transfer to an 8 inch square baking pan.
- ☐ In a medium bowl, mix together tomato juice, tomato soup, and cumin. Cover cheese balls with sauce.
- ☐ Sprinkle additional cheese on top, if desired.
- ☐ Bake at 350 degrees F (175 degrees C) for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:17.543913115626%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol:

0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 470.43kcal (23.52%), Fat: 35.96g (55.32%), Saturated Fat: 6.71g (41.91%), Carbohydrates: 27.31g (9.1%), Net Carbohydrates: 23.69g (8.61%), Sugar: 8.43g (9.36%), Cholesterol: 160.08mg (53.36%), Sodium: 447.69mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.35%), Manganese: 1.13mg (56.42%), Selenium: 22.08µg (31.54%), Vitamin K: 31.55µg (30.04%), Vitamin B1: 0.36mg (24.25%), Phosphorus: 233.36mg (23.34%), Vitamin B2: 0.35mg (20.53%), Vitamin C: 15.55mg (18.84%), Copper: 0.36mg (17.82%), Potassium: 583.83mg (16.68%), Iron: 2.79mg (15.5%), Calcium: 152.89mg (15.29%), Vitamin E: 2.27mg (15.14%), Fiber: 3.62g (14.49%), Zinc: 2.15mg (14.34%), Vitamin A: 709.19IU (14.18%), Folate: 55.89µg (13.97%), Magnesium: 51.74mg (12.94%), Vitamin B6: 0.25mg (12.37%), Vitamin B3: 2.19mg (10.93%), Vitamin B5: 1.04mg (10.4%), Vitamin B12: 0.52µg (8.72%), Vitamin D: 0.87µg (5.78%)