



Mini French Cheese Balls

READY IN



150 min.

SERVINGS



75

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz cream cheese softened
- 10 oz goat cheese softened (goat)
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon worcestershire sauce
- 0.3 teaspoon kosher salt (coarse)
- 0.3 teaspoon pepper black freshly ground
- 12 oz roquefort cheese crumbled
- 2 tablespoons honey
- 3 tablespoons shallots finely chopped

- 0.3 cup parsley fresh chopped
- 0.8 cup parsley fresh chopped
- 0.3 cup almonds finely chopped
- 1 slices crusty baguette toasted

Equipment

- bowl
- hand mixer

Directions

- In large bowl, beat Basic Cheese Ball Ingredients with electric mixer fitted with paddle attachment on medium speed until combined.
- Stir in Flavor Stir-Ins. With moistened hands, shape into 1-inch balls; refrigerate until firm, about 1 hour. (If not using immediately, cover and refrigerate up to 3 days, or freeze up to 1 month.)
- In small bowl, stir together Coating ingredients.
- Roll balls in mixture to coat before serving.
- Serve with baguette slices, as desired.

Nutrition Facts

■ PROTEIN **16.21%** ■ FAT **74.11%** ■ CARBS **9.68%**

Properties

Glycemic Index:4.19, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:2.0643478207614%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 54.09kcal (2.7%), Fat: 4.52g (6.96%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.81g (0.9%), Cholesterol: 11.93mg (3.98%), Sodium: 126.39mg (5.5%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.23g (4.45%), Vitamin K: 13.34µg (12.71%), Vitamin A: 235.25IU (4.7%), Calcium: 44.28mg (4.43%), Phosphorus: 37.39mg (3.74%), Vitamin B2: 0.06mg (3.69%), Selenium: 1.39µg (1.98%), Copper: 0.04mg (1.88%), Vitamin B5: 0.15mg (1.47%), Vitamin C: 1.13mg (1.37%), Folate: 5.27µg (1.32%), Zinc: 0.19mg (1.26%), Vitamin E: 0.19mg (1.26%), Manganese: 0.02mg (1.12%), Magnesium: 4.42mg (1.11%), Iron: 0.2mg (1.09%), Vitamin B6: 0.02mg (1.09%)