



## Mini Indian 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 paneer shredded finely
- 1 tablespoon lime zest fresh grated
- 1 tablespoon curry powder

- 0.3 cup cilantro leaves fresh chopped
- 0.8 cup cilantro leaves fresh chopped
- 0.8 cup roasted cashews salted finely chopped
- 1 serving naan breads

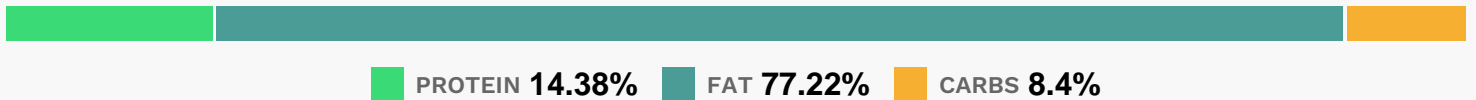
## Equipment

- 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, 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 naan bread, as desired.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.0986956471334%

## Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 53.76kcal (2.69%), Fat: 4.69g (7.22%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.35g (0.39%), Cholesterol: 10.87mg (3.62%), Sodium: 54.04mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Calcium: 34.44mg (3.44%), Copper: 0.06mg (3.03%), Vitamin A: 135.57IU (2.71%), Phosphorus: 23.3mg (2.33%), Vitamin B2: 0.03mg (1.86%), Vitamin K: 1.42µg

(1.36%), Magnesium: 5mg (1.25%), Selenium: 0.8µg (1.15%), Iron: 0.19mg (1.06%), Manganese: 0.02mg (1.05%)