



Mini Indian Cheese Balls

READY IN



150 min.

SERVINGS



75

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 10 oz goat cheese softened (goat)
- 16 oz cream cheese softened
- 1 tablespoon curry powder
- 0.3 cup cilantro leaves fresh chopped
- 0.8 cup cilantro leaves fresh chopped
- 0.3 teaspoon kosher salt (coarse)
- 1 teaspoon juice of lemon fresh
- 1 tablespoon lime zest fresh grated

- 75 servings naan breads
- 12 oz paneer shredded finely
- 0.8 cup roasted cashews salted finely chopped
- 0.5 teaspoon worcestershire sauce

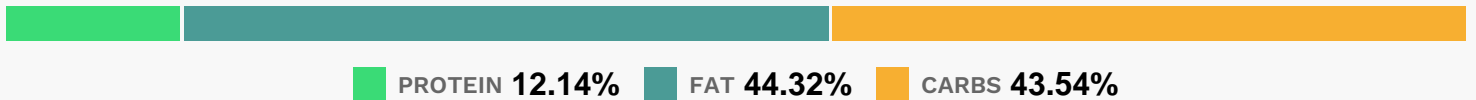
Equipment

- 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:1.2686956366119%

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: 146.13kcal (7.31%), Fat: 7.11g (10.94%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.13g (5.5%), Sugar: 1.33g (1.48%), Cholesterol: 13.32mg (4.44%), Sodium: 262.95mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Calcium: 53.87mg (5.39%), Copper: 0.06mg (3.03%), Vitamin A: 135.57IU (2.71%), Phosphorus: 23.3mg (2.33%), Fiber: 0.57g (2.3%), 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%)