



## Mini Korean Cheese Balls

READY IN



150 min.

SERVINGS



75

CALORIES



72 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 mozzarella cheese shredded
- 1.5 teaspoons korean honey citron tea paste
- 0.8 cup kimchi finely chopped

- 6 tablespoons spring onion finely chopped (6 medium)
- 1 tablespoon lime zest fresh grated
- 2.3 cups sesame seed black
- 1 serving round buttery crackers

## Equipment

- bowl
- baking sheet
- baking paper
- 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. Drop mixture by teaspoonfuls on cooking parchment paper-lined cookie sheet. Refrigerate about 30 minutes or until set. Shape each into 1-inch ball.
- If not using immediately, cover and refrigerate up to 3 days, or freeze up to 1 month.
- Roll balls in sesame seed to coat before serving.
- Serve with rice crackers, as desired.

## Nutrition Facts

 PROTEIN 15.71%  FAT 74.92%  CARBS 9.37%

## Properties

Glycemic Index:2.47, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.1113043440425%

## Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 72.11kcal (3.61%), Fat: 6.18g (9.51%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.38g (0.42%), Cholesterol: 11.43mg (3.81%), Sodium: 77.82mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Copper: 0.21mg (10.71%), Calcium: 79.12mg (7.91%), Phosphorus: 61.65mg (6.17%), Manganese: 0.12mg (5.97%), Magnesium: 18.19mg (4.55%), Iron: 0.8mg (4.46%), Selenium: 2.97µg (4.24%), Zinc: 0.55mg (3.68%), Vitamin B2: 0.06mg (3.28%), Vitamin A: 157.5IU (3.15%), Vitamin B1: 0.04mg (2.83%), Vitamin B6: 0.05mg (2.66%), Fiber: 0.57g (2.29%), Vitamin B12: 0.12µg (2.07%), Vitamin K: 1.91µg (1.82%), Folate: 6.77µg (1.69%), Vitamin B3: 0.26mg (1.29%), Potassium: 37.72mg (1.08%)