



Mini Mexican Cheese Balls

 Gluten Free

READY IN



150 min.

SERVINGS



75

CALORIES



55 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
- 3 cups queso fresco crumbled
- 1.5 teaspoons ancho chili powder

- 2 tablespoons chipotles in adobo chopped (from 7-oz can)
- 6 tablespoons spring onion chopped (6 medium)
- 1.5 cups pumpkin seeds finely chopped (pumpkin seeds)
- 1 serving tortilla chips

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 chopped pepitas to coat before serving.
- Serve with tortilla chips, as desired.

Nutrition Facts

PROTEIN 16.93% **FAT 75.91%** **CARBS 7.16%**

Properties

Glycemic Index:1.35, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:1.7208695722663%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg 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: 55.25kcal (2.76%), Fat: 4.75g (7.31%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.44g (0.49%), Cholesterol: 11.21mg (3.74%), Sodium: 79.87mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Phosphorus: 51.9mg (5.19%), Calcium: 40.32mg (4.03%), Vitamin A: 176.56IU (3.53%), Manganese: 0.07mg (3.28%), Magnesium: 10.39mg (2.6%), Copper: 0.05mg (2.45%), Selenium: 1.72µg (2.45%), Vitamin B2: 0.04mg (2.34%), Zinc: 0.3mg (2%), Vitamin B12: 0.1µg (1.71%), Vitamin K: 1.46µg (1.39%), Iron: 0.23mg (1.3%), Vitamin B6: 0.02mg (1.01%)