



Mini Middle Eastern Cheese Balls

READY IN



150 min.

SERVINGS



75

CALORIES



60 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 feta cheese crumbled
- ☐ 6 tablespoons mint leaves fresh chopped
- ☐ 1.5 teaspoons suya seasoning mix

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- ☐ 1.5 cups pistachios finely chopped
- ☐ 1 serving wholewheat pita breads

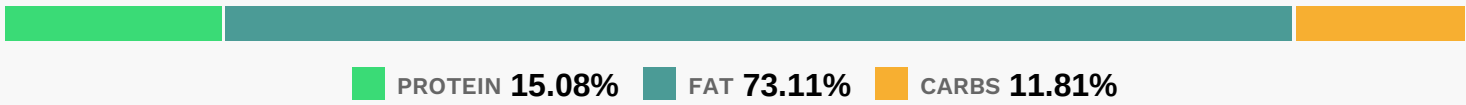
Equipment

- ☐ 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 pita crackers, as desired.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.009565240663%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 59.91kcal (3%), Fat: 4.99g (7.68%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.46g (0.51%), Cholesterol: 11.88mg (3.96%), Sodium: 97.08mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Phosphorus: 44.84mg (4.48%), Vitamin B2: 0.07mg (4.32%), Calcium: 40.95mg (4.09%), Vitamin B6: 0.08mg (3.84%), Vitamin A: 170.04IU (3.4%), Copper: 0.07mg (3.31%), Manganese: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.34%), Selenium: 1.49µg (2.13%), Zinc: 0.27mg (1.77%), Iron: 0.31mg (1.73%), Vitamin B12: 0.1µg (1.62%), Fiber: 0.39g (1.55%), Magnesium: 6.05mg (1.51%), Vitamin K: 1.51µg (1.44%), Vitamin B5: 0.12mg (1.23%), Potassium: 43.13mg (1.23%), Folate: 4.82µg (1.21%), Vitamin E: 0.16mg (1.07%)