



Modern Cheese Balls

READY IN



45 min.

SERVINGS



16

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon fennel seeds whole
- ☐ 22 ounce logs goat cheese
- ☐ 0.3 cup cereal
- ☐ 0.3 cup parmesan finely grated
- ☐ 0.3 cup wasabi-coated peas green
- ☐ 0.3 cup ground gingersnaps (5 cookies)
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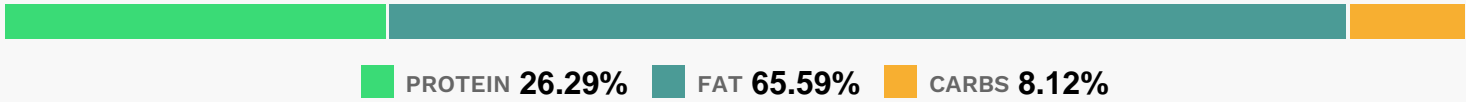
Equipment

- ☐ food processor
- ☐ ziploc bags

Directions

- ☐ Grind the peas in a food processor or crush them in a resealable plastic bag.
- ☐ Spread the crumbs on a plate. Repeat these steps for the granola, then the gingersnaps.
- ☐ Combine the Parmesan and fennel on another plate. Shape the cheese into balls, working with about 1 rounded tablespoon at a time.
- ☐ Roll the cheese into balls and refrigerate them, uncoated, for up to 24 hours.
- ☐ Roll the balls in the coatings no more than 1 hour before the party.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:3.892608685338%

Nutrients (% of daily need)

Calories: 125.65kcal (6.28%), Fat: 9.16g (14.09%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.87g (0.97%), Cholesterol: 18.99mg (6.33%), Sodium: 184.16mg (8.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Copper: 0.29mg (14.6%), Phosphorus: 116.54mg (11.65%), Vitamin B2: 0.16mg (9.23%), Vitamin A: 414.96IU (8.3%), Calcium: 75.46mg (7.55%), Iron: 1.34mg (7.47%), Vitamin B6: 0.1mg (5.07%), Manganese: 0.09mg (4.72%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.28mg (2.83%), Selenium: 1.77µg (2.53%), Vitamin B1: 0.03mg (2.27%), Magnesium: 8.9mg (2.22%), Vitamin B12: 0.09µg (1.57%), Folate: 5.44µg (1.36%), Vitamin D: 0.16µg (1.09%)