



Nacho Cheese Bites

 Vegetarian

READY IN



70 min.

SERVINGS



20

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 servings chili powder
- 1 eggs
- 5 olives pitted ripe quartered
- 1 sheet puff pastry pepperidge farm®
- 0.3 cup salsa pace®
- 1 cup cheddar cheese shredded
- 1 tablespoon water

Equipment

- bowl
- baking sheet
- oven

Directions

- Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork. Stir the cheese and salsa in a small bowl.
- Unfold the pastry sheet on a lightly floured surface.
- Roll the pastry sheet into a 15x12-inch rectangle.
- Cut into 20 (3-inch) squares.
- Place about 1 tablespoon cheese mixture in the center of each pastry square. Top each with 1 olive piece, if desired.
- Brush the edges of the pastry squares with the egg mixture. Fold the pastry over the filling to form triangles. Crimp the edges with a fork to seal.
- Place the filled pastries onto a baking sheet.
- Brush the pastries with the egg mixture and sprinkle with the chili powder.
- Bake for 15 minutes or until the pastries are golden.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 10.81% **FAT 62.58%** **CARBS 26.61%**

Properties

Glycemic Index:4.15, Glycemic Load:3.03, Inflammation Score:-5, Nutrition Score:3.6891304267489%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 101.73kcal (5.09%), Fat: 7.24g (11.14%), Saturated Fat: 2.41g (15.03%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 5.96g (2.17%), Sugar: 0.39g (0.43%), Cholesterol: 13.83mg (4.61%), Sodium: 140.34mg (6.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin A: 681.15IU (13.62%), Selenium: 5.69µg (8.12%), Vitamin E: 0.97mg (6.48%), Vitamin B2: 0.09mg (5.27%), Calcium: 50.46mg (5.05%), Manganese: 0.1mg (4.93%), Phosphorus: 44.66mg (4.47%), Vitamin K: 4.38µg (4.17%), Iron: 0.73mg (4.03%), Vitamin B3: 0.79mg (3.93%), Fiber: 0.97g (3.88%), Vitamin B1: 0.06mg (3.84%), Folate: 12.5µg (3.12%), Vitamin B6: 0.06mg (2.91%), Zinc: 0.39mg (2.62%), Copper: 0.04mg (2.04%), Magnesium: 7.33mg (1.83%), Potassium: 62.66mg (1.79%), Vitamin B12: 0.08µg (1.32%)