



Olive Cheese Appetizers

 Vegetarian

READY IN



25 min.

SERVINGS



7

CALORIES



349 kcal

SIDE DISH

Ingredients

- 6 ounce olives black drained canned
- 0.5 cup butter softened
- 1 cup flour all-purpose sifted
- 1 teaspoon paprika
- 2 cups cheddar cheese shredded

Equipment

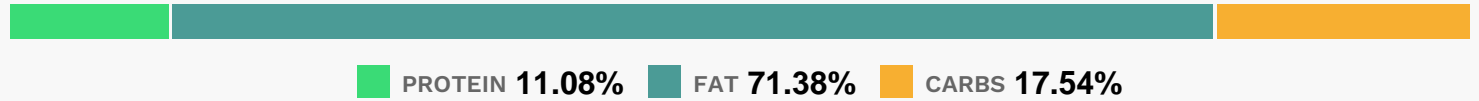
- food processor
- baking sheet

- oven
- hand mixer

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a baking sheet.
- Mix the cheese, butter, flour, and paprika together using an electric mixer or food processor. Take tablespoon-size pieces of the dough and one olive per tablespoon of dough.
- Roll the dough around the olive, so that the olive is completely enclosed in the center of the dough. Arrange the olive and cheese balls on the prepared baking sheet.
- Bake for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:23.86, Glycemic Load:10.08, Inflammation Score:-6, Nutrition Score:8.0826086946156%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Nutrients (% of daily need)

Calories: 349.02kcal (17.45%), Fat: 28.06g (43.16%), Saturated Fat: 15.06g (94.13%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 14.13g (5.14%), Sugar: 0.33g (0.36%), Cholesterol: 67.15mg (22.38%), Sodium: 695.03mg (30.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.59%), Calcium: 248.12mg (24.81%), Selenium: 15.59µg (22.27%), Vitamin A: 964.92IU (19.3%), Phosphorus: 172.91mg (17.29%), Vitamin B2: 0.24mg (14.2%), Vitamin E: 1.64mg (10.92%), Vitamin B1: 0.16mg (10.43%), Folate: 40.81µg (10.2%), Zinc: 1.35mg (8.98%), Manganese: 0.13mg (6.48%), Vitamin B12: 0.37µg (6.16%), Iron: 1.06mg (5.91%), Vitamin B3: 1.16mg (5.82%), Fiber: 1.38g (5.53%), Magnesium: 16.15mg (4.04%), Copper: 0.07mg (3.38%), Vitamin B5: 0.24mg (2.42%), Vitamin K: 2.53µg (2.41%), Vitamin B6: 0.04mg (2.21%), Potassium: 64.58mg (1.85%), Vitamin D: 0.19µg (1.29%)