



Olive Cheese Bites

READY IN



15 min.

SERVINGS



100

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 1.8 cups flour all-purpose
- 1 teaspoon ground pepper red
- 0.5 teaspoon onion salt
- 7.5 oz pimiento-stuffed olives
- 10 oz block sharp cheddar cheese finely grated
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- baking sheet
- paper towels
- oven
- hand mixer

Directions

- Beat cheese and butter at medium speed with an electric mixer in a large bowl until blended.
- Add red pepper, Worcestershire sauce, and onion salt, beating just until blended. Gradually add flour, beating until mixture is blended and smooth.
- Drain olives on paper towels. Pinch off a 1-inch piece of dough. Wrap dough around 1 olive; roll in hands to form a ball, covering entire olive with dough, and place on a lightly greased baking sheet. Repeat procedure with remaining dough and olives.
- Bake at 350 for 15 minutes or until lightly browned.
- Remove to wire racks, and let cool completely.

Nutrition Facts

 PROTEIN 11.81%  FAT 64.53%  CARBS 23.66%

Properties

Glycemic Index:1.84, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:0.78086956614709%

Flavonoids

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

Nutrients (% of daily need)

Calories: 30.86kcal (1.54%), Fat: 2.23g (3.44%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.04g (0.04%), Cholesterol: 5.28mg (1.76%), Sodium: 71.46mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Selenium: 1.58µg (2.25%), Calcium: 21.85mg (2.19%), Phosphorus: 15.8mg (1.58%), Vitamin A: 73.5IU (1.47%), Vitamin B2: 0.02mg (1.42%), Vitamin B1: 0.02mg (1.24%), Folate: 4.72µg (1.18%)