



Parmesan Cheese Puffs

 Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 egg whites
- 5 cups oil for deep frying
- 1 cup parmesan cheese grated

Equipment

- bowl
- paper towels
- pot
- slotted spoon

Directions

- Heat oil in a heavy pot or deep-fryer to 375 degrees F (190 degrees C).
- In a medium glass or metal bowl, whip egg whites until they just hold a stiff peak. Fold in Parmesan cheese until evenly distributed. Form level teaspoons of batter into balls.
- Fry balls a few at a time, turning once until crisp and golden. Using a slotted spoon, remove puffs from oil and place onto paper towels to drain.

Nutrition Facts

PROTEIN 5.86% **FAT 92.05%** **CARBS 2.09%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7169565114638%

Nutrients (% of daily need)

Calories: 121.62kcal (6.08%), Fat: 12.61g (19.39%), Saturated Fat: 1.6g (10%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.02g (0.03%), Cholesterol: 4.35mg (1.45%), Sodium: 92.48mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Vitamin E: 1.99mg (13.24%), Vitamin K: 8.07µg (7.69%), Calcium: 44.41mg (4.44%), Selenium: 2.35µg (3.36%), Phosphorus: 32.15mg (3.22%), Vitamin B2: 0.03mg (1.79%), Zinc: 0.22mg (1.45%), Vitamin B12: 0.07µg (1.17%)