



Paula's Fried Butter Balls

 Vegetarian

READY IN



145 min.

SERVINGS



30

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 sticks butter
- ☐ 2 ounces cream cheese
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 30 servings vegetable oil; peanut oil preferred for frying
- ☐ 30 servings salt and pepper
- ☐ 1 cup seasoned bread crumbs

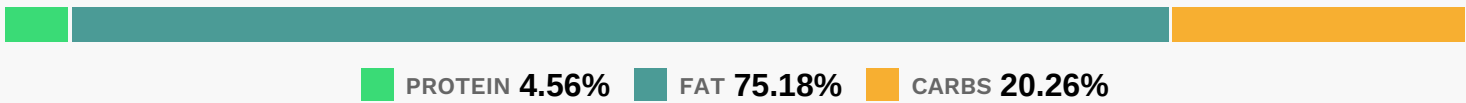
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ hand mixer
- ☐ ice cream scoop
- ☐ melon baller

Directions

- ☐ Cream the butter, cream cheese, salt and pepper together with an electric mixer until smooth. Using a very small ice cream scoop, or melon baller, form 1-inch balls of butter mixture and arrange them on a parchment or waxed paper lined sheet pan. Freeze until solid. Coat the frozen balls in flour, egg, and then bread crumbs and freeze again until solid.
- ☐ When ready to fry, preheat oil in a deep-fryer to 350 degrees F.
- ☐ Fry balls for 10 to 15 seconds until just light golden.
- ☐ Drain on paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:5.07, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:1.9608695617189%

Nutrients (% of daily need)

Calories: 117.96kcal (5.9%), Fat: 9.96g (15.32%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.73g (2.08%), Sugar: 0.32g (0.36%), Cholesterol: 23.6mg (7.87%), Sodium: 303.77mg (13.21%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin B1: 0.07mg (4.84%), Vitamin A: 229.28IU (4.59%), Selenium: 3.09µg (4.41%), Vitamin E: 0.66mg (4.39%), Manganese: 0.07mg (3.44%), Folate: 13.47µg (3.37%), Vitamin B2: 0.05mg (2.99%), Vitamin B3: 0.5mg (2.49%), Iron: 0.42mg (2.34%), Vitamin K: 2.44µg (2.33%), Phosphorus: 18.31mg (1.83%), Calcium: 12.49mg (1.25%), Fiber: 0.31g (1.23%)