



Pecan-Cheddar Buttons



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



42

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 42 servings cheddar cheese
- ☐ 2 egg whites
- ☐ 2 cups pecans finely chopped
- ☐ 2 teaspoons water

Equipment

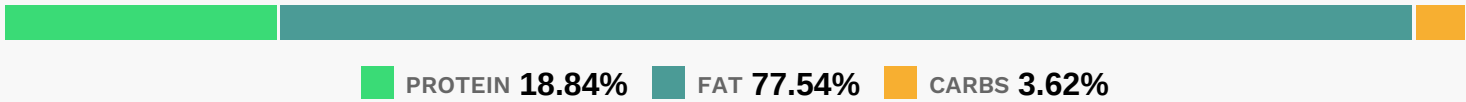
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 30
- ☐ Prepare dough, and shape into 1-inch balls.
- ☐ Whisk together egg whites and water. Dip balls in egg white mixture, and roll in pecans.
- ☐ Place 1 inch apart on parchment paper-lined baking sheets.
- ☐ Bake 1 hour; cool on baking sheets on wire racks 30 minutes.

Nutrition Facts



Properties

Glycemic Index:0.88, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:4.9743478379172%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 159.01kcal (7.95%), Fat: 13.94g (21.45%), Saturated Fat: 6.08g (38%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.32g (0.35%), Cholesterol: 30mg (10%), Sodium: 198.58mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Calcium: 215.84mg (21.58%), Phosphorus: 151.99mg (15.2%), Selenium: 8.97µg (12.82%), Manganese: 0.24mg (11.84%), Zinc: 1.34mg (8.91%), Vitamin B2: 0.15mg (8.55%), Vitamin A: 303.51IU (6.07%), Vitamin B12: 0.32µg (5.32%), Magnesium: 14.54mg (3.64%), Copper: 0.07mg (3.63%), Vitamin B1: 0.04mg (2.87%), Fiber: 0.5g (1.99%), Vitamin E: 0.3mg (1.98%), Folate: 7.5µg (1.87%), Vitamin B5: 0.17mg (1.71%), Vitamin B6: 0.03mg (1.58%), Potassium: 46.71mg (1.33%), Vitamin D: 0.18µg (1.2%)