



Pecan Cheddar Snacks

 Vegetarian

READY IN



30 min.

SERVINGS



3

CALORIES



480 kcal

SIDE DISH

Ingredients

- 1 tablespoon baking mix
- 0.3 cup butter softened
- 1 pinch ground pepper
- 1 cup rice cereal crisp
- 1 eggs beaten
- 0.5 cup flour all-purpose
- 0.5 cup pecans chopped
- 0.5 cup cheddar cheese shredded

Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, combine the flour, biscuit mix and cayenne. Stir in butter until crumbly.
- Add cheese and egg; mix well. Stir in cereal and nuts.
- Shape into 1-1/2 in. balls; place on an ungreased baking sheet.
- Bake at 350° for 18-20 minutes or until lightly browned.
- Serve warm.

Nutrition Facts

PROTEIN 9.02% **FAT 68.44%** **CARBS 22.54%**

Properties

Glycemic Index:64.67, Glycemic Load:11.71, Inflammation Score:-6, Nutrition Score:12.718695818082%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 479.84kcal (23.99%), Fat: 37.24g (57.3%), Saturated Fat: 15.17g (94.81%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.1g (9.13%), Sugar: 1.48g (1.65%), Cholesterol: 114.16mg (38.05%), Sodium: 329.26mg (14.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.1%), Manganese: 0.98mg (49.15%), Selenium: 18.8µg (26.86%), Vitamin B1: 0.35mg (23.44%), Phosphorus: 228.93mg (22.89%), Vitamin B2: 0.32mg (18.9%), Folate: 69.32µg (17.33%), Calcium: 171.18mg (17.12%), Vitamin A: 764.88IU (15.3%), Copper: 0.29mg (14.37%), Zinc: 1.97mg (13.1%), Iron: 2.03mg (11.3%), Fiber: 2.51g (10.02%), Vitamin B3: 1.92mg (9.59%), Magnesium: 36.94mg

(9.23%), Vitamin E: 1.02mg (6.82%), Vitamin B12: 0.38µg (6.36%), Vitamin B5: 0.62mg (6.15%), Vitamin B6: 0.09mg (4.52%), Potassium: 151.98mg (4.34%), Vitamin K: 2.87µg (2.74%), Vitamin D: 0.41µg (2.71%)