

Pistachio White Cheddar Cheese Balls

 Gluten Free

READY IN



20 min.

SERVINGS



30

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz cheddar cheese shredded white
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 cup pistachios chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 eggs
- ☐ 1 serving salt and pepper to taste
- ☐ 1 cup frangelico

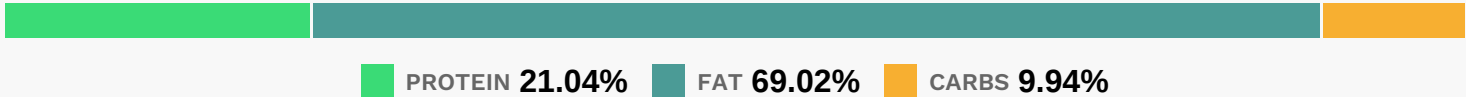
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Lightly spray cookie sheet with cooking spray.
- ☐ In large bowl, stir together all ingredients.
- ☐ Roll into 1-inch balls, and place on cookie sheet.
- ☐ Bake 10 to 15 minutes or until golden brown and cooked through.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.1108695670314%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 54.46kcal (2.72%), Fat: 4.29g (6.6%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 0.95g (0.34%), Sugar: 0.4g (0.45%), Cholesterol: 17.68mg (5.89%), Sodium: 67.19mg (2.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Phosphorus: 57.25mg (5.73%), Calcium: 52.29mg (5.23%), Selenium: 3.07µg (4.39%), Vitamin B6: 0.08mg (3.95%), Copper: 0.06mg (2.89%), Vitamin B2: 0.05mg (2.82%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.05mg (2.68%), Zinc: 0.38mg (2.54%), Vitamin B12: 0.15µg (2.54%), Vitamin A: 96.8IU (1.94%), Magnesium: 7.36mg (1.84%), Fiber: 0.44g (1.78%), Potassium: 54.21mg

(1.55%), Iron: 0.25mg (1.41%), Folate: 4.58µg (1.14%), Vitamin E: 0.16mg (1.08%)