



WHATSheATE



Pretzel-Crusted Fried Cheese



Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces cheddar cheese yellow cubed
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons horseradish drained
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 ounces part-skim mozzarella cheese cubed
- ☐ 12 servings vegetable oil; peanut oil preferred for frying
- ☐ 12 servings pepper freshly ground

- ☐ 8 ounce pretzel sticks thin
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon spicy mustard
- ☐ 5 tablespoons spicy mustard

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

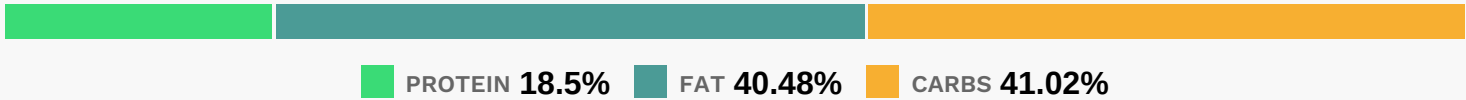
Directions

- ☐ Make the fried cheese: Pulse the provolone and parmesan in a food processor until the cheese gathers into a ball; transfer to a bowl. Pulse the yellow cheddar and 2 teaspoons flour in the food processor until smooth. Form teaspoonfuls of the yellow cheddar mixture into 12 small balls; roll between your hands until smooth.
- ☐ Transfer to a plate and freeze until firm, about 15 minutes.
- ☐ Wipe out the food processor.
- ☐ Add the pretzels and pulse until finely ground with a few chunks; transfer to a shallow dish.
- ☐ Mix the remaining 1 1/2 cups flour and 1/2 teaspoon pepper in another dish.
- ☐ Whisk the eggs and mustard in a third dish.
- ☐ Roll tablespoonfuls of the provolone mixture into 12 balls, then flatten into disks. Put 1 yellow cheddar ball on each disk, then shape the provolone around it, enclosing the cheddar.
- ☐ Roll into an egg shape.
- ☐ Dip the cheese balls in the egg mixture, then dredge in the flour; return to the egg mixture, then roll in the pretzel crumbs, turning to coat. Refrigerate at least 20 minutes and up to 3

hours to set the coating.

- ☐ Preheat the oven to 350 degrees F.
- ☐ Heat 1/2 inch peanut oil in a saucepan until a deep-fry thermometer registers 360 degrees F. Fry the cheese balls in batches, turning, until golden, 30 seconds to 1 minute.
- ☐ Remove with a slotted spoon and transfer to a rack set in a baking dish.
- ☐ Bake until heated through, 5 to 7 minutes.
- ☐ Whisk the horseradish, mustard and sour cream in a bowl.
- ☐ Serve with the fried cheese.
- ☐ Photograph by Lisa Shin

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:20.87, Inflammation Score:-4, Nutrition Score:10.07086966867%

Nutrients (% of daily need)

Calories: 283.62kcal (14.18%), Fat: 12.75g (19.62%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 27.57g (10.02%), Sugar: 1.24g (1.37%), Cholesterol: 87.1mg (29.03%), Sodium: 546.22mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.23%), Selenium: 19.73µg (28.19%), Calcium: 250.16mg (25.02%), Phosphorus: 222.81mg (22.28%), Vitamin B2: 0.33mg (19.51%), Folate: 76.63µg (19.16%), Manganese: 0.34mg (16.94%), Vitamin B1: 0.23mg (15.42%), Iron: 2.09mg (11.59%), Zinc: 1.51mg (10.08%), Vitamin B3: 2.01mg (10.07%), Vitamin B12: 0.42µg (7.08%), Vitamin A: 318.58IU (6.37%), Fiber: 1.49g (5.98%), Magnesium: 23.03mg (5.76%), Vitamin E: 0.86mg (5.73%), Vitamin B5: 0.49mg (4.87%), Copper: 0.08mg (4.07%), Vitamin B6: 0.08mg (3.94%), Potassium: 131.27mg (3.75%), Vitamin D: 0.45µg (3.01%), Vitamin K: 1.57µg (1.49%), Vitamin C: 1.09mg (1.32%)