



 **54%**  
HEALTH SCORE

## Smoky Olive Poppers

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



2736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter cut into pieces
- 1.5 teaspoons chipotle peppers in adobo sauce chopped
- 1.5 cups flour all-purpose
- 48 small olives green with pimientos
- 1 teaspoon ground cumin
- 2 tablespoons milk
- 1 serving paprika
- 8 ounce block sharp cheddar cheese shredded

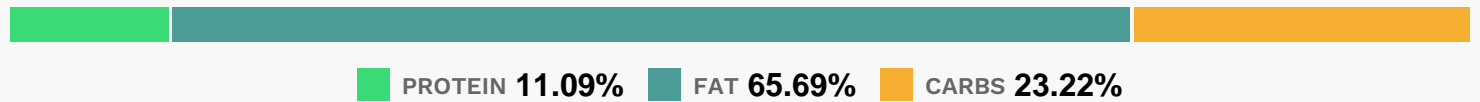
## Equipment

- food processor
- baking sheet
- oven
- aluminum foil

## Directions

- Preheat oven to 40
- Combine first 5 ingredients in a food processor; pulse until mixture resembles coarse crumbs.
- Add milk, pulsing until mixture forms a ball.
- Shape 1 heaping teaspoon dough around each olive, forming the dough into a ball.
- Place on an aluminum foil-lined baking sheet, and sprinkle lightly with paprika.
- Bake 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:210, Glycemic Load:105.67, Inflammation Score:-10, Nutrition Score:56.366956418623%

## Flavonoids

Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg

## Nutrients (% of daily need)

Calories: 2736.16kcal (136.81%), Fat: 202.04g (310.82%), Saturated Fat: 106.7g (666.9%), Carbohydrates: 160.67g (53.56%), Net Carbohydrates: 147.62g (53.68%), Sugar: 4.55g (5.06%), Cholesterol: 474.42mg (158.14%), Sodium: 5228.2mg (227.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.78g (153.56%), Selenium: 131.41µg (187.73%), Calcium: 1818.75mg (181.88%), Vitamin A: 6922.88IU (138.46%), Phosphorus: 1322.71mg (132.27%), Vitamin B2: 2.05mg (120.65%), Vitamin B1: 1.62mg (107.97%), Folate: 401.1µg (100.27%), Vitamin E: 12.43mg (82.84%), Manganese: 1.4mg (70.05%), Zinc: 10.12mg (67.47%), Iron: 11.96mg (66.42%), Vitamin B3: 12.01mg (60.07%), Fiber: 13.06g (52.23%), Vitamin B12: 2.76µg (45.98%), Magnesium: 140.35mg (35.09%), Copper: 0.61mg (30.36%), Vitamin B5: 2.09mg (20.89%), Vitamin B6: 0.37mg (18.59%), Vitamin K: 18.44µg (17.56%), Potassium:

609.5mg (17.41%), Vitamin D: 1.69µg (11.27%)