



Sriracha Veggie-Cheese Balls and Sauce



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups broccoli frozen thawed chopped
- ☐ 8 oz colby cheese shredded
- ☐ 1 eggs
- ☐ 1 tablespoon bell pepper red finely chopped
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoons sriracha
- ☐ 0.5 cup cream sour
- ☐ 2 teaspoons sriracha

- ☐ 2 tablespoons spring onion sliced (2 medium)
- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 1 cup frangelico

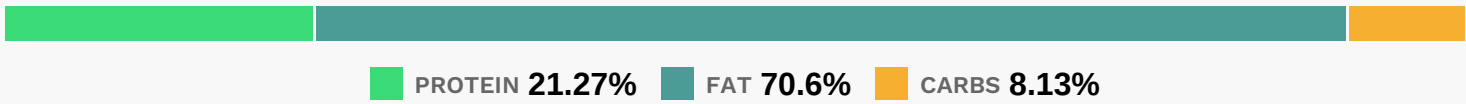
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray or grease bottom and sides of 15x10x1-inch pan.
- ☐ In large bowl, stir together veggie-cheese ball ingredients. Slightly wet hands with water for easier rolling; shape mixture into 1-inch balls; place on pan.
- ☐ Bake 20 to 25 minutes or until golden brown. Meanwhile, in small bowl, mix dipping sauce ingredients.
- ☐ Immediately remove balls from pan.
- ☐ Serve warm with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:5.12, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.5360869221065%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 50.26kcal (2.51%), Fat: 4g (6.16%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.39g (0.44%), Cholesterol: 17.88mg (5.96%), Sodium: 166.87mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin C: 8.2mg (9.94%), Vitamin K: 8.56µg

(8.15%), Calcium: 71.6mg (7.16%), Phosphorus: 53.61mg (5.36%), Vitamin A: 212.7IU (4.25%), Vitamin B2: 0.06mg (3.51%), Selenium: 2.21µg (3.15%), Zinc: 0.35mg (2.34%), Folate: 8.02µg (2.01%), Vitamin B12: 0.1µg (1.68%), Vitamin B6: 0.03mg (1.43%), Potassium: 46.34mg (1.32%), Magnesium: 4.76mg (1.19%), Vitamin B5: 0.11mg (1.06%)