

Cheese-Rice Balls

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1/2 cup butter
 1 cup flour
 1/2 teaspoon salt
 1 cup sharp cheese, grated
 1 cup Rice Krispies
 tabasco sauce (to taste)
 Worcestershire sauce (to taste)

Preheat the oven to 375 degrees.

In a bowl, mix all of the ingredients together. Make the size of nickels. Press down with a fork.

Bake for 10 minutes or until lightly brown.

Per Serving (excluding unknown items): 1268 Calories; 93g Fat (65.7% calories from fat); 14g Protein; 95g Carbohydrate; 4g Dietary Fiber; 248mg Cholesterol; 2005mg Sodium. Exchanges: 6 1/2 Grain(Starch); 18 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1268	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	29.9%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	93g	Folacin (mcg):	36mcg
Saturated Fat (g):	57g	Niacin (mg):	7mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	248mg	% Refuse:	n n%
Carbohydrate (g):	95g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	6 1/2
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	2005mg	Vegetable:	0
Potassium (mg):	163mg	Fruit:	0
Calcium (mg):	53mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	18 1/2

Zinc (mg): 1mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 3468IU
 Vitamin A (r.e.): 858 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1268 Calories from Fat: 833

% Daily Values*

Total Fat 93g	143%
Saturated Fat 57g	287%
Cholesterol 248mg	83%
Sodium 2005mg	84%
Total Carbohydrates 95g	32%
Dietary Fiber 4g	14%
Protein 14g	
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Vitamin A	69%
Vitamin C	0%
Calcium	5%
Iron	33%

* Percent Daily Values are based on a 2000 calorie diet.