

Crunchies

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 42 appetizers

1 1/2 cups all-purpose flour
1 1/2 cups sharp Cheddar cheese,
grated
2/3 cup hard margarine (or butter),
softened
1 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1 cup crisp rice cereal

Bake: 20 minutes

Preheat the oven to 375 degrees.

In a medium bowl, place the flour, Cheddar, margarine, baking powder, salt and cayenne. Mix well.

Add the cereal. Mix with your hands. Shape into one-inch balls. Arrange in a single layer on an ungreased baking sheet.

Bake for about 20 minutes until lightly browned.

Per Serving (excluding unknown items): 1371 Calories; 58g Fat (38.6% calories from fat); 62g Protein; 147g Carbohydrate; 5g Dietary Fiber; 178mg Cholesterol; 2613mg Sodium. Exchanges: 9 1/2 Grain(Starch); 6 Lean Meat; 7 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1371	Vitamin B6 (mg):	.2mg
% Calories from Fat:	38.6%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	43.2%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	18.2%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	58g	Folacin (mcg):	320mcg
Saturated Fat (g):	36g	Niacin (mg):	11mg
Monounsaturated Fat (g):	16g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	178mg	% Refuse:	n n%
Carbohydrate (g):	147g		
Dietary Fiber (g):	5g		

Food Exchanges

Grain (Starch): 9 1/2

Protein (g): 62g
Sodium (mg): 2613mg
Potassium (mg): 378mg
Calcium (mg): 1533mg
Iron (mg): 10mg
Zinc (mg): 7mg
Vitamin C (mg): trace
Vitamin A (i.u.): 1985IU
Vitamin A (r.e.): 559 1/2RE

Lean Meat: 6
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1371 **Calories from Fat:** 530

% Daily Values*

Total Fat 58g	90%
Saturated Fat 36g	181%
Cholesterol 178mg	59%
Sodium 2613mg	109%
Total Carbohydrates 147g	49%
Dietary Fiber 5g	21%
Protein 62g	
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Vitamin A	40%
Vitamin C	1%
Calcium	153%
Iron	58%

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