

Olive Cheese Balls

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Treasure Coast Newspapers

8 ounces Cheddar cheese, shredded
1 1/4 cups flour
1/2 cup butter, melted
36 pimiento-stuffed olives, drained

Preheat the oven to 400 degrees.

In a mixing bowl, mix the cheese and the flour .
Add in the butter. Work with your hands if it is
easier.

Mold one teaspoon of the dough around each
olive. Shape into a ball.

Place the olive balls on an ungreased cookie
sheet about two inches apart.

Cover and put in the refrigerator for one hour.

Remove from the refrigerator.

Bake for approximately 15 to 20 minutes.

Per Serving (excluding unknown
items): 2295 Calories; 169g Fat
(66.0% calories from fat); 74g
Protein; 122g Carbohydrate; 5g
Dietary Fiber; 486mg Cholesterol;
2347mg Sodium. Exchanges: 8
Grain(Starch); 8 Lean Meat; 28 1/2
Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2295	Vitamin B6 (mg):	.2mg
% Calories from Fat:	66.0%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	21.2%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	12.8%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	169g	Folacin (mcg):	85mcg
Saturated Fat (g):	105g	Niacin (mg):	9mg
Monounsaturated Fat (g):	48g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 6g
Cholesterol (mg): 486mg
Carbohydrate (g): 122g
Dietary Fiber (g): 5g
Protein (g): 74g
Sodium (mg): 2347mg
Potassium (mg): 420mg
Calcium (mg): 1687mg
Iron (mg): 9mg
Zinc (mg): 8mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 5870IU
Vitamin A (r.e.): 1579 1/2RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 8
Lean Meat: 8
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 28 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2295 **Calories from Fat:** 1514

% Daily Values*

Total Fat	169g	259%
Saturated Fat	105g	527%
Cholesterol	486mg	162%
Sodium	2347mg	98%
Total Carbohydrates	122g	41%
Dietary Fiber	5g	18%
Protein	74g	
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Vitamin A		117%
Vitamin C		0%
Calcium		169%
Iron		50%

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