

Foodnity Recipes

Crispy Crunchy Fried Cheese Balls

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup sharp cheddar cheese, grated
- [ ] 1/2 cup all-purpose flour
- [ ] 2 large eggs, beaten
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp lemon juice
- [ ] 1 tsp honey
- [ ] Vegetable oil for frying

Optional Dipping Sauce

- [ ] 1/4 cup sour cream
- [ ] 1 tsp fresh chives, minced
- [ ] Pinch of smoked paprika

Instructions

1. In a bowl, combine grated cheddar, lemon juice, and honey; mix until the cheese clumps together.
2. Shape the mixture into 1-inch balls, then roll each ball in flour, dip in beaten egg, and coat with panko.
3. Heat oil in a deep skillet to 350°F (175°C). Fry the balls in batches, turning gently, until golden brown, about 2-3 minutes.
4. Remove with a slotted spoon, drain on paper towels, and sprinkle lightly with sea salt.
5. Serve hot with your chosen dipping sauce. turkey cheese puff makes a delicious companion.

Nutrition per serving

280 kcal	12 g	15 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, toast the panko lightly before using.
- If the cheese sticks, chill the balls for a few minutes before breading.
- A pinch of cayenne in the flour adds a gentle heat without overwhelming the cheese.