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Breaded Cheese Curds ♦♦

Breaded cheese curds are a delicious snack made by coating cheese curds in breadcrumbs and frying them until crispy. They are a popular dish in Wisconsin and are often served at fairs and festivals. The warm, gooey cheese inside the crispy breading is a perfect combination of flavors and textures. Enjoy them as an appetizer or snack!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Cheese curds
200 g	breadcrumbs
2 pieces	Eggs
100 g	flour

500 ml	vegetable oil
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Preparation

Prepare the breading station by setting up three shallow bowls. In the first bowl, place the flour. In the second bowl, beat the eggs. In the third bowl, mix the breadcrumbs, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Coating

Coat each cheese curd in flour, then dip it into the beaten eggs, and finally coat it in the breadcrumb mixture. Press the breadcrumbs onto the curds to ensure they adhere well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a deep fryer or large pot to 375°F (190°C). Fry the breaded cheese curds in small batches for about 2-3 minutes or until golden brown and crispy. Remove with a slotted spoon and drain on paper towels.

Prep Time: 5 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	85 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	30 mg	3%	3%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	6 mg	54.55%	75%
Selenium	12 mcg	21.82%	21.82%

Recipe Attributes

Events

Picnic

Course

Appetizers

Salads

Snacks

Cultural

Cinco de Mayo

Cooking Method

Pasteurizing

Fermenting

Simmering

Cut

Serving

Healthy For

Gastroesophageal reflux disease (GERD)

Meal Type

Snack

Supper

Difficulty Level

Medium

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