



## Appetizer Cracker Basket



Vegetarian



Dairy Free

READY IN



130 min.

SERVINGS



36

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 quart combine everything in a bowl and chill
- ☐ 0.5 cup flour all-purpose
- ☐ 36 servings fruit
- ☐ 1 tablespoon pepper black
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semolina flour (pasta)
- ☐ 0.3 cup water

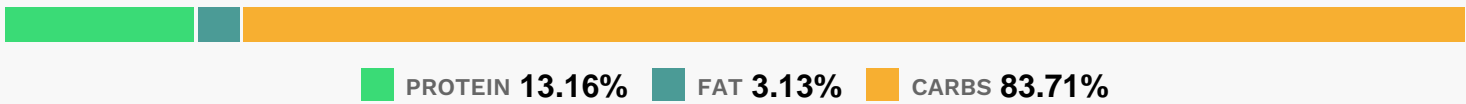
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ rolling pin

## Directions

- ☐ Mix flour, cornmeal, salt and water until smooth. Cover and refrigerate at least 1 hour but no longer than 12 hours.
- ☐ Heat oven to 350F. Spray outside of bowl with cooking spray; place upside down in 15x10x1-inch pan. Shape dough into 2 balls.
- ☐ Roll each ball on lightly floured surface with rolling pin until 1/8 inch thick.
- ☐ Sprinkle with sesame seed; gently roll seed into dough. Shape 1 dough, seed side down, over bowl, pleating if necessary.
- ☐ Place remaining dough for cracker bread, seed side up, on cookie sheet lined with cooking parchment paper.
- ☐ Bake basket 8 to 12 minutes or until golden brown; remove from oven. Set oven control to broil. Broil dough for cracker bread with top 6 to 8 inches from heat 3 to 5 minutes; turn over and broil 3 to 5 minutes longer or until light brown. Cool completely, about 30 minutes.
- ☐ Remove basket from bowl. Break cracker bread into pieces. Fill basket with cracker bread and cheeses.

## Nutrition Facts



## Properties

Glycemic Index:4.47, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:3.5930435155397%

## Nutrients (% of daily need)

Calories: 346.51kcal (17.33%), Fat: 1.18g (1.82%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 71.18g (23.73%), Net Carbohydrates: 67.08g (24.39%), Sugar: 13.34g (14.82%), Cholesterol: 0mg (0%), Sodium: 517.08mg (22.48%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.39%), Iron: 3.48mg (19.35%), Fiber: 4.09g (16.37%),  
Vitamin A: 358.78IU (7.18%), Vitamin K: 5.73µg (5.46%), Copper: 0.1mg (4.81%), Manganese: 0.07mg (3.62%),  
Vitamin B3: 0.64mg (3.19%), Potassium: 111.71mg (3.19%), Vitamin C: 2.61mg (3.16%), Vitamin B2: 0.04mg (2.59%),  
Vitamin B1: 0.04mg (2.5%), Selenium: 1.64µg (2.34%), Folate: 7.71µg (1.93%), Magnesium: 7.16mg (1.79%),  
Phosphorus: 17.94mg (1.79%), Vitamin B6: 0.02mg (1.07%)