



BBQ Cheese Straws

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups coarsely cheddar extra-sharp grated
- 2 tablespoons heavy cream
- 0.5 teaspoon salt
- 1 tablespoon bbq seasoning mix
- 1 cup unbleached flour for dusting all-purpose plus more
- 0.8 stick butter unsalted cold cut into tablespoons

Equipment

- food processor

- bowl
- baking paper
- oven
- knife

Directions

- Preheat the oven to 350 degrees F with the racks in the upper and lower thirds of the oven. Line 2 sheet pans with parchment paper and set aside.
- Add the cheese, flour, butter, salt and BBQ mix to the bowl of a food processor and pulse until the mixture resembles coarse meal.
- Add the cream and pulse until a ball forms.
- On a lightly floured work surface, roll the dough out to 1/4 to 1/8-inch thick.
- Cut the dough with a sharp knife into 1/4-inch wide strips.
- Transfer to the prepared sheet pans, leaving space between them, and bake until golden brown, about 15 minutes. Flip the pans once halfway through the cooking time. Cool completely on the sheet pans.
- BYOC: If your friends are the spicy type, try adding a pinch or 2 of cayenne. If you want to get the kids involved, omit the BBQ spice, have them paint the straws with egg wash before you bake them and add some sesame seeds or poppy seeds.

Nutrition Facts

■ PROTEIN **11.55%** ■ FAT **65.48%** ■ CARBS **22.97%**

Properties

Glycemic Index:17, Glycemic Load:11.69, Inflammation Score:-5, Nutrition Score:9.1217391542766%

Nutrients (% of daily need)

Calories: 316.94kcal (15.85%), Fat: 23.26g (35.78%), Saturated Fat: 13.94g (87.14%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.51g (6.37%), Sugar: 0.38g (0.42%), Cholesterol: 64.27mg (21.42%), Sodium: 382.53mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.47%), Calcium: 234.21mg (23.42%), Selenium: 15.53µg (22.18%), Vitamin K: 21.74µg (20.7%), Phosphorus: 162.39mg (16.24%), Manganese: 0.31mg (15.75%), Vitamin A: 774.41IU (15.49%), Vitamin B2: 0.25mg (14.49%), Folate: 48.08µg (12.02%), Vitamin B1: 0.18mg (12%), Iron: 1.89mg (10.51%), Zinc: 1.29mg (8.57%), Vitamin B3: 1.33mg (6.64%), Vitamin B12: 0.33µg (5.52%), Magnesium: 18.37mg

(4.59%), Vitamin E: 0.63mg (4.2%), Fiber: 0.84g (3.36%), Vitamin B6: 0.06mg (3.17%), Copper: 0.06mg (3.15%),
Vitamin D: 0.46µg (3.08%), Vitamin B5: 0.24mg (2.36%), Potassium: 69.08mg (1.97%)