



Blue Cheese and Chive Straws

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 ounces cheese blue crumbled
- 0.3 cup butter chilled cut into small pieces
- 0.3 cup chives finely chopped
- 1.5 cups flour all-purpose
- 0.3 teaspoon salt
- 1 tablespoons water cold

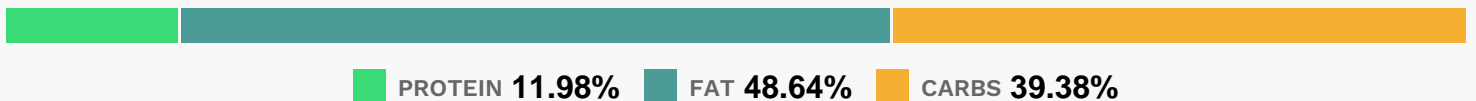
Equipment

- food processor
- baking sheet
- baking paper
- oven
- knife
- plastic wrap
- measuring cup

Directions

- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and butter in a food processor; pulse to blend.
- Add cheese, chives, salt, and pepper; pulse until mixture resembles coarse meal.
- Drizzle water into flour mixture until dough forms a ball.
- Roll dough into a 16 x 8-inch rectangle. Wrap dough in plastic wrap; refrigerate 4 hours or until firm.
- Preheat oven to 35
- Cut dough crosswise into 64 (1/4-inch-wide) slices.
- Place 1/2 inch apart on a baking sheet lined with parchment paper.
- Bake at 350 for 10 minutes or until the edges are lightly browned. Cool straws completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:1.3617391168423%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 46.72kcal (2.34%), Fat: 2.52g (3.87%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.04g (0.05%), Cholesterol: 6.47mg (2.16%), Sodium: 70.48mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Selenium: 2.52µg (3.6%), Vitamin B1: 0.05mg (3.16%), Folate: 12.49µg (3.12%), Vitamin B2: 0.04mg (2.56%), Manganese: 0.04mg (2.19%), Phosphorus: 20.73mg (2.07%), Calcium: 20.49mg (2.05%), Vitamin B3: 0.39mg (1.93%), Vitamin A: 89.58IU (1.79%), Iron: 0.29mg (1.62%), Vitamin K: 1.14µg (1.09%)