



## Blue Cheese Cocktail Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups cheese blue crumbled
- 1 cup butter at room temperature
- 0.3 teaspoon cayenne pepper
- 0.5 cup cream cheese at room temperature
- 2 cups rice cereal such as rice krispies crisp
- 2 cups flour all-purpose

### Equipment

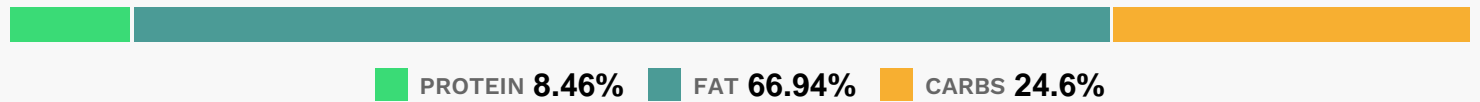
- baking sheet

- oven
- blender

## Directions

- Preheat oven to 35
- With a mixer on medium speed, cream together cream cheese and butter until light and fluffy.
- Add cayenne, blue cheese, flour, rice cereal, and bacon (if using) and beat on medium-low speed until well blended. The dough will be stiff.
- Roll 1-tablespoon portions into balls and place slightly apart on baking sheets. Flatten each ball with a fork.
- Bake until crackers are golden brown, 12 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.4, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:1.54260869883%

## Nutrients (% of daily need)

Calories: 79.05kcal (3.95%), Fat: 5.92g (9.11%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.74g (1.72%), Sugar: 0.13g (0.14%), Cholesterol: 15.72mg (5.24%), Sodium: 86.5mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Selenium: 2.71µg (3.87%), Vitamin A: 186.46IU (3.73%), Folate: 12.61µg (3.15%), Vitamin B1: 0.05mg (3.09%), Vitamin B2: 0.05mg (3%), Calcium: 26.57mg (2.66%), Phosphorus: 26.57mg (2.66%), Vitamin B3: 0.38mg (1.91%), Manganese: 0.04mg (1.82%), Iron: 0.28mg (1.56%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.14%), Vitamin B12: 0.06µg (1.08%)