



Blue Cheese Crisps

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



24 kcal

Ingredients

- ☐ 8 ounce cheese blue crumbled
- ☐ 0.5 cup butter softened
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons poppy seeds

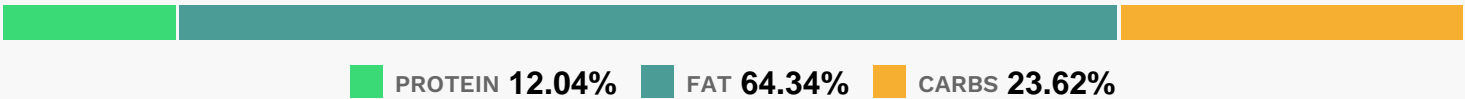
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat blue cheese and butter at medium speed with an electric mixer until fluffy.
- ☐ Add flour, poppy seeds, and red pepper, beating just until combined. Shape dough into 2 (9-inch-long) logs. Wrap each log in plastic wrap, and chill 2 hours.
- ☐ Bake at 350 for 10 to 12 minutes or until golden brown.
- ☐ Transfer to wire racks to cool completely. Store crisps in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:1.89, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:0.65347826391782%

Nutrients (% of daily need)

Calories: 23.64kcal (1.18%), Fat: 1.7g (2.62%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.31g (0.47%), Sugar: 0.03g (0.03%), Cholesterol: 4.14mg (1.38%), Sodium: 33.48mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Calcium: 16.39mg (1.64%), Manganese: 0.03mg (1.49%), Selenium: 0.94µg (1.35%), Phosphorus: 13.21mg (1.32%), Vitamin B1: 0.02mg (1.07%), Vitamin B2: 0.02mg (1.04%), Folate: 4.13µg (1.03%)