



Blue Cheese Cut-Out Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoons parsley dried
- ☐ 1 egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 4 teaspoons whipping cream

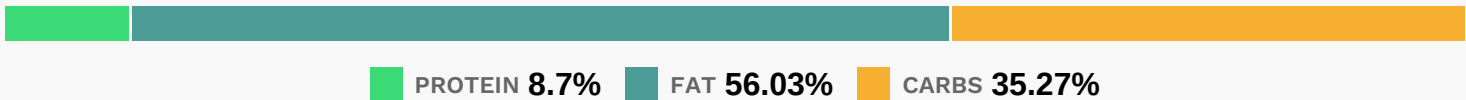
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Mix all ingredients together; let rest 30 minutes.
- ☐ Roll dough out onto a floured surface to about 1/8-inch thickness. Use your favorite spring cookie cutter shapes (flowers, teacups, wedding bells) to cut out the crackers.
- ☐ Place on ungreased baking sheets; bake at 400 for 8 to 10 minutes or just until golden. Cool completely on baking sheets. Carefully remove the delicate crackers when cool.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.1513043382084%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.2kcal (2.31%), Fat: 2.88g (4.42%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.05g (0.06%), Cholesterol: 15.18mg (5.06%), Sodium: 56.3mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Selenium: 2.44µg (3.49%), Vitamin B1: 0.04mg (2.86%), Folate: 11.26µg (2.82%), Vitamin B2: 0.04mg (2.22%), Vitamin A: 101.59IU (2.03%), Manganese: 0.04mg (1.84%), Vitamin B3: 0.33mg (1.63%), Phosphorus: 15.11mg (1.51%), Iron: 0.27mg (1.5%), Calcium: 10.36mg (1.04%)