



Blue Cheese Spritz Straws

READY IN



45 min.

SERVINGS



20

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons almonds finely chopped
- ☐ 2.5 oz cheese blue crumbled
- ☐ 0.3 cup butter at room temperature
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose

Equipment

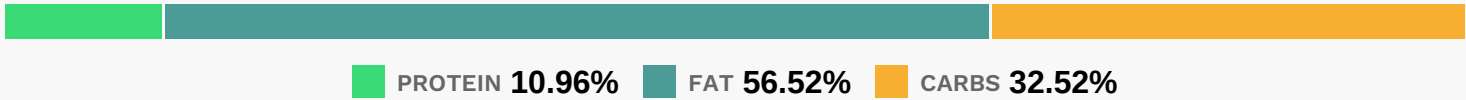
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ In a bowl, with a mixer on high speed, beat butter and cheese until creamy.
- ☐ Add egg; beat until well blended. Stir in flour, then beat until well blended.
- ☐ Scrape dough into a cookie press fitted with a rosette or star-shaped tip (1/2 in. across widest dimension). Press dough through tip in straight lines 6 to 8 inches long onto 12- by 15- inch baking sheets (you'll need two), spacing about 1 1/2 inches apart.
- ☐ Sprinkle spritz straws with almonds.
- ☐ Bake in a 350 regular or 325 convection oven until straws are golden brown, 12 to 19 minutes, switching pan positions halfway through baking. With a wide spatula, transfer straws to racks to cool.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:2.1799999758115%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 77.51kcal (3.88%), Fat: 4.88g (7.5%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.98g (2.17%), Sugar: 0.09g (0.1%), Cholesterol: 11.96mg (3.99%), Sodium: 80.15mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Selenium: 3.97µg (5.67%), Vitamin B2: 0.08mg (4.49%), Vitamin B1: 0.07mg (4.39%), Folate: 17.23µg (4.31%), Manganese: 0.08mg (3.86%), Vitamin A: 175.88IU

(3.52%), Phosphorus: 32.78mg (3.28%), Vitamin E: 0.41mg (2.75%), Vitamin B3: 0.54mg (2.68%), Iron: 0.45mg (2.52%), Calcium: 25.11mg (2.51%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.42%), Magnesium: 5.65mg (1.41%), Fiber: 0.34g (1.34%), Copper: 0.02mg (1.24%), Vitamin B12: 0.07µg (1.15%)