



Cheddar Cayenne Chips



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 6 ounce sharp cheddar cheese cold

Equipment

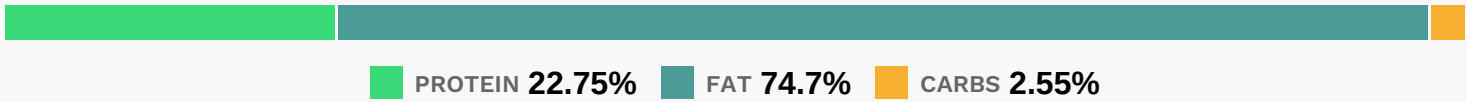
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wax paper
- ☐ spatula

- ☐ rolling pin
- ☐ box grater

Directions

- ☐ Using largest holes on a box grater, coarsely shred enough cheese to measure 2 1/2 cups.
- ☐ Toss together cheese and cayenne in a bowl, then make 4 mounds of cheese (1 tablespoon each) about 2 inches apart in a 12-inch nonstick skillet. Cook over low heat (cheese will melt and spread), undisturbed, until bubbling and firm enough to lift, 4 to 5 minutes (do not turn over). Quickly transfer with a metal spatula to a rolling pin, allowing chips to drape over pin, and cool completely.
- ☐ Pour off fat from skillet and wipe clean with paper towels. Make more chips in same manner.
- ☐ ·You can make flat chips instead of curved ones by transferring them to a rack to cool instead of to a rolling pin.·Chips can be made 3 days ahead and kept, layered between sheets of wax paper, in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.11, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.76304349027898%

Nutrients (% of daily need)

Calories: 24.84kcal (1.24%), Fat: 2.07g (3.18%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0.02g (0.02%), Cholesterol: 6.07mg (2.02%), Sodium: 39.74mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Calcium: 42.98mg (4.3%), Phosphorus: 27.88mg (2.79%), Selenium: 1.72µg (2.46%), Vitamin B2: 0.03mg (1.59%), Zinc: 0.22mg (1.49%), Vitamin A: 68.3IU (1.37%), Vitamin B12: 0.06µg (1.07%)