

Cheddar Cookies

 Vegetarian

READY IN



36 min.

SERVINGS



1

CALORIES



3063 kcal

Ingredients

- ☐ 0.8 cup butter cold cut into pieces
- ☐ 0.8 teaspoon ground pepper red
- ☐ 3 tablespoons ice water
- ☐ 1 halves pecan salted toasted (optional; see Note)
- ☐ 2 cups self-rising flour
- ☐ 8 ounce sharp cheddar cheese shredded

Equipment

- ☐ food processor
- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Process flour and butter in a food processor until mixture resembles coarse meal.
- ☐ Add cheese and pepper; pulse 6 to 8 times or until combined. With processor running, gradually add water through food chute, and process just until dough forms a ball.
- ☐ Drop dough by level tablespoonfuls 2" apart onto ungreased baking sheets. Flatten each cookie with the bottom of a glass; gently press 1 pecan half into center of each cookie, if desired.
- ☐ Bake in batches at 400 for 12 minutes.
- ☐ Let cool on baking sheets 2 minutes.
- ☐ Remove cookies to wire racks to cool. Store in an airtight container.
- ☐ Note: To toast pecan halves, coat them with cooking spray, and place in a large skillet. Cook over medium heat 6 to 7 minutes or until lightly toasted.
- ☐ Remove pecans to a paper towel, and sprinkle lightly with salt.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:186, Glycemic Load:119.16, Inflammation Score:-10, Nutrition Score:42.879130327183%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 3062.96kcal (153.15%), Fat: 220.6g (339.39%), Saturated Fat: 131.8g (823.74%), Carbohydrates: 188.01g (62.67%), Net Carbohydrates: 181.46g (65.99%), Sugar: 1.84g (2.04%), Cholesterol: 592.83mg (197.61%), Sodium: 2585.65mg (112.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.55g (169.1%), Selenium: 165.32µg (236.17%), Calcium: 1686.36mg (168.64%), Vitamin A: 7156.98IU (143.14%), Phosphorus: 1330.36mg (133.04%), Manganese: 2.1mg (104.78%), Vitamin B2: 1.22mg (71.98%), Zinc: 10.71mg (71.38%), Vitamin E: 7.12mg (47.45%), Vitamin B12: 2.69µg (44.89%), Folate: 137.13µg (34.28%), Magnesium: 131.56mg (32.89%), Copper: 0.56mg (27.97%), Fiber: 6.54g (26.17%), Vitamin B5: 2.23mg (22.31%), Vitamin B1: 0.29mg (19.23%), Vitamin K: 19.36µg (18.44%), Iron: 2.8mg (15.55%), Vitamin B6: 0.29mg (14.69%), Potassium: 501.44mg (14.33%), Vitamin B3: 2.84mg (14.18%), Vitamin D: 1.36µg (9.07%), Vitamin C: 1.16mg (1.41%)