



## Cheddar-Jack Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon baking soda
- 2 tablespoons butter chilled cut into small pieces
- 0.7 cup flour all-purpose
- 0.3 cup cornmeal yellow stone-ground
- 0.1 teaspoon ground pepper red
- 0.3 cup water
- 2 ounces cheddar cheese shredded
- 2 teaspoons poppy seeds divided

- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 1 tablespoon vinegar white

## Equipment

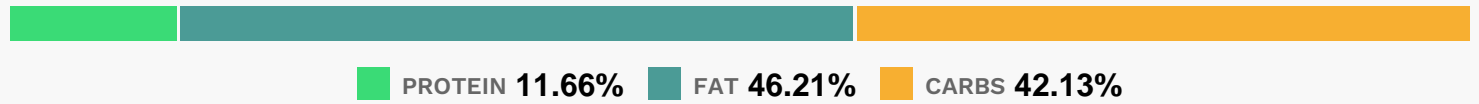
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- plastic wrap
- measuring cup

## Directions

- Lightly spoon flour into a dry measuring cup, and level with a knife.
- Combine flour and next 5 ingredients (flour through red pepper) in a large bowl, stirring with a whisk.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add cheese, water, and vinegar; stir until mixture just comes together. Divide dough into 4 equal portions, shaping each into a ball. Wrap each ball in plastic wrap; cover and freeze 30 minutes.
- Preheat oven to 37
- Roll 1 ball into an 8-inch circle on parchment paper on a lightly floured surface (dough will be very thin).
- Sprinkle dough with 1/2 teaspoon seeds, and lightly press the seeds into dough.
- Cut dough into 8 wedges (do not separate wedges).

- Place dough on a large baking sheet. Repeat procedure with remaining dough and seeds, arranging on 2 baking sheets.
- Bake at 375 for 10 minutes or until crackers are brown and crispy. Cool completely on a wire rack. Separate into wedges.

## Nutrition Facts



## Properties

Glycemic Index:11.8, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:0.85260870542539%

## Nutrients (% of daily need)

Calories: 29.09kcal (1.45%), Fat: 1.49g (2.29%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.1g (0.11%), Cholesterol: 3.65mg (1.22%), Sodium: 44.19mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Selenium: 1.5µg (2.14%), Manganese: 0.04mg (1.95%), Vitamin B1: 0.03mg (1.76%), Calcium: 16.01mg (1.6%), Phosphorus: 15.61mg (1.56%), Folate: 5.75µg (1.44%), Vitamin B2: 0.02mg (1.32%)