



Cheddar Pecan Crisps

 Vegetarian

READY IN



33 min.

SERVINGS



50

CALORIES



51 kcal

Ingredients

- ☐ 0.5 teaspoon cayenne
- ☐ 2 cups cheddar grated
- ☐ 1 large egg yolk
- ☐ 0.7 cup flour all-purpose
- ☐ 0.7 cup pecans finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted softened

Equipment

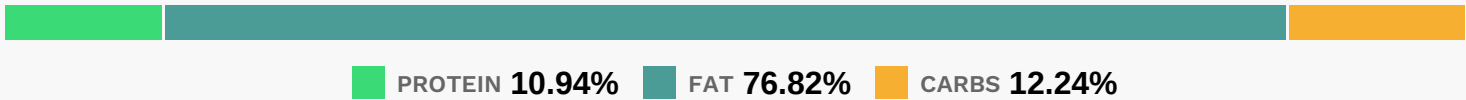
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Beat together butter and cheddar in a bowl with an electric mixer until smooth, then beat in remaining ingredients.
- ☐ Roll rounded teaspoons of dough into balls and arrange 3 inches apart on buttered baking sheets. Flatten each ball into a 1 1/2-inch disk and bake in batches in middle of oven until golden, 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.2752173818324%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg 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: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg 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: 51.06kcal (2.55%), Fat: 4.44g (6.83%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.08g (0.09%), Cholesterol: 13.07mg (4.36%), Sodium: 53.27mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.07mg (3.6%), Calcium: 34.16mg (3.42%), Selenium: 2.11µg (3.01%), Phosphorus: 28.09mg (2.81%), Vitamin A: 115.98IU (2.32%), Vitamin B2: 0.03mg (1.92%), Zinc: 0.25mg (1.65%), Vitamin B1: 0.02mg (1.59%), Folate: 4.88µg (1.22%), Copper: 0.02mg (1.02%)