



Cheddar Pecan Wafers

 Vegetarian

READY IN



32 min.

SERVINGS



100

CALORIES



79 kcal

Ingredients

- 1 pound butter softened
- 1 teaspoon ground pepper
- 4.5 cups flour all-purpose
- 1 cup pecans toasted chopped
- 1 teaspoon salt
- 1 pound sharp cheddar cheese shredded

Equipment

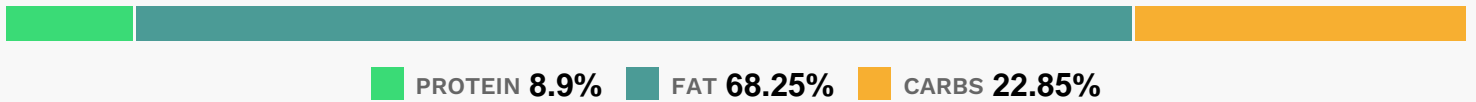
- bowl
- frying pan

- baking sheet
- baking paper
- oven
- knife

Directions

- In a large bowl, mix together the butter, Cheddar cheese, pecans, cayenne pepper and salt until well blended. Gradually mix in flour, using your hands to work in the last bit. The result will be a stiff dough much like shortbread. Form the dough into logs about 1 inch thick, and 10 inches long. Wrap each log in waxed paper, and refrigerate until firm, at least 3 hours.
- Preheat the oven to 350 degrees F (175 degrees C). Unwrap the chilled logs of dough, and slice into 1/4 inch thick rounds using a sharp knife.
- Place slices about 1 inch apart onto cookie sheets lined with parchment paper.
- Bake for exactly 12 minutes in the preheated oven, until firm and slightly browned at the edges. Allow wafers to cool for 1 minute before removing from the pan.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:1.7795652072553%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg 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: 79.1kcal (3.95%), Fat: 6.06g (9.33%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.31g (1.57%), Sugar: 0.08g (0.09%), Cholesterol: 14.29mg (4.76%), Sodium: 82.2mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Selenium: 3.28µg (4.68%), Manganese: 0.09mg (4.42%), Vitamin B1: 0.05mg (3.53%), Calcium: 34.81mg (3.48%), Vitamin A: 167.74IU (3.35%), Phosphorus: 31.02mg

(3.1%), Vitamin B2: 0.05mg (3%), Folate: 11.64µg (2.91%), Vitamin B3: 0.35mg (1.75%), Zinc: 0.26mg (1.73%), Iron: 0.3mg (1.66%), Copper: 0.02mg (1.14%), Vitamin E: 0.16mg (1.09%), Fiber: 0.26g (1.05%)