

Cheese and Chive Crisps

 Vegetarian

READY IN



100 min.

SERVINGS



100

CALORIES



41 kcal

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 cups rice cereal crisp
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon pepper sauce red hot® (such as Frank's)
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sharp cheddar cheese shredded

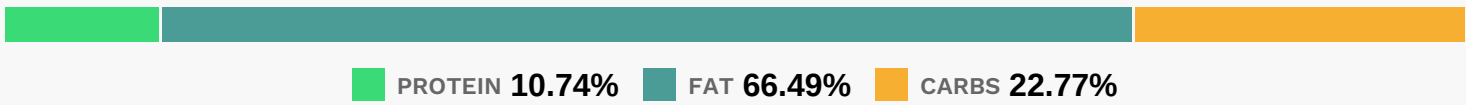
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In a large bowl, mix together the softened butter and cheese until well blended. Stir in flour, chives, salt, hot pepper sauce and garlic powder until thoroughly mixed. Stir in cereal. Divide the mixture into four parts, and roll into 6 inch long logs. Wrap in plastic wrap, and refrigerate until firm, about 1 hour.
- ☐ Preheat the oven to 325 degrees F (165 degrees C). Unwrap the cheese logs, and slice into 1/4 inch thick rounds.
- ☐ Place on an ungreased cookie sheet.
- ☐ Bake for 20 to 25 minutes in the preheated oven, until edges are crisp and slightly browned.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.89956521696371%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 40.69kcal (2.03%), Fat: 3.02g (4.65%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.02g (0.02%), Cholesterol: 8.27mg (2.76%), Sodium: 49.23mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Selenium: 1.87µg (2.67%), Calcium: 25.03mg (2.5%), Phosphorus: 19.3mg (1.93%), Vitamin A: 95.05IU (1.9%), Vitamin B2: 0.03mg (1.72%), Folate: 6.04µg (1.51%), Vitamin B1: 0.02mg (1.5%)