



Cheese Cookie Snacks

READY IN



45 min.

SERVINGS



24

CALORIES



75 kcal

Ingredients

- 0.5 cup butter softened
- 1 cup rice cereal crisp
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 4 ounces cheddar cheese shredded

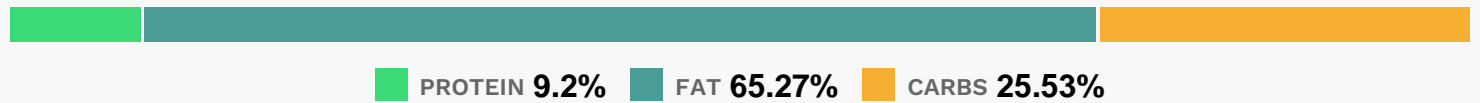
Equipment

- baking sheet
- oven
- wire rack

Directions

- Stir together cheese and butter until blended. Stir in flour and salt; blend well. Stir in cereal. (Dough will be stiff.)
- Shape dough into 1-inch balls; place on an ungreased baking sheet 2 inches apart. Flatten cookies to 1/4-inch thickness with a fork, making a crisscross.
- Bake at 350 for 15 to 18 minutes.
- Remove to wire rack to cool. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:2.91, Inflammation Score:-2, Nutrition Score:1.5765217491628%

Nutrients (% of daily need)

Calories: 75.22kcal (3.76%), Fat: 5.47g (8.42%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.66g (1.7%), Sugar: 0.03g (0.03%), Cholesterol: 4.72mg (1.57%), Sodium: 99.86mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Selenium: 3.18µg (4.55%), Vitamin A: 216.51IU (4.33%), Calcium: 35.69mg (3.57%), Vitamin B1: 0.05mg (3.08%), Vitamin B2: 0.05mg (2.96%), Folate: 11.77µg (2.94%), Phosphorus: 29.27mg (2.93%), Manganese: 0.04mg (1.8%), Vitamin B3: 0.34mg (1.69%), Iron: 0.27mg (1.51%), Zinc: 0.22mg (1.46%), Vitamin E: 0.19mg (1.24%)