



Cheese Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound cheddar cheese grated room temperature
- ☐ 2 cups rice cereal crispy rice krispies® (such as)
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 1 pinch salt
- ☐ 1 cup butter unsalted melted

Equipment

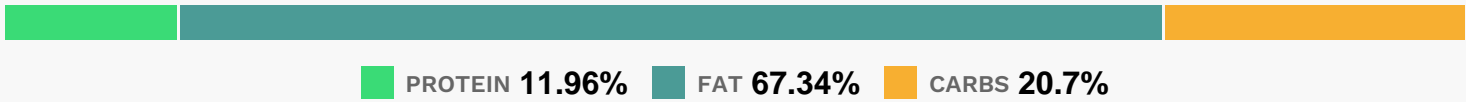
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Combine flour, salt, and red pepper flakes in large bowl; add Cheddar cheese. Toss until cheese is coated.
- ☐ Pour in melted butter; stir until mixture is moist and crumbly.
- ☐ Add rice cereal and knead by hand until dough is well blended.
- ☐ Roll dough into small 1/2-inch balls; arrange on a baking sheet. Flatten each ball with a fork.
- ☐ Bake in the preheated oven until light and crispy, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:1.02, Glycemic Load:1.41, Inflammation Score:-1, Nutrition Score:1.0517391316269%

Nutrients (% of daily need)

Calories: 45.4kcal (2.27%), Fat: 3.42g (5.25%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.03g (0.03%), Cholesterol: 9.42mg (3.14%), Sodium: 30.86mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Calcium: 33.12mg (3.31%), Selenium: 2.2µg (3.14%), Phosphorus: 24.55mg (2.45%), Vitamin A: 111.07IU (2.22%), Vitamin B2: 0.03mg (2.02%), Folate: 6.18µg (1.54%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.19mg (1.28%)