

## Cheese Crisps

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



307 kcal

### Ingredients

- 1 cup butter softened
- 0.3 teaspoon ground pepper
- 3 cups rice cereal crisp
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 8 ounces sharp cheddar cheese shredded

### Equipment

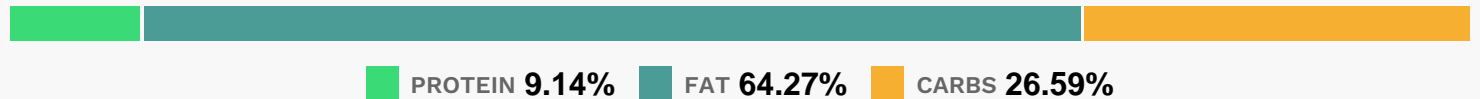
- bowl
- baking sheet

oven

## Directions

- In a bowl, cream the butter until fluffy. Slowly mix in the flour, salt and cayenne pepper. Stir in cheese and cereal. Shape into 1-1/2-in. balls and place on ungreased baking sheets.
- Bake at 350° for 15-17 minutes or until lightly browned.
- Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:6.3121739279317%

## Nutrients (% of daily need)

Calories: 306.58kcal (15.33%), Fat: 22.02g (33.88%), Saturated Fat: 13.4g (83.75%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 19.85g (7.22%), Sugar: 0.13g (0.15%), Cholesterol: 59.57mg (19.86%), Sodium: 342.8mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Selenium: 13.09µg (18.71%), Calcium: 141.83mg (14.18%), Vitamin A: 679.44IU (13.59%), Vitamin B1: 0.19mg (12.71%), Folate: 49.89µg (12.47%), Vitamin B2: 0.21mg (12.09%), Phosphorus: 119.23mg (11.92%), Manganese: 0.15mg (7.25%), Vitamin B3: 1.42mg (7.08%), Iron: 1.14mg (6.32%), Zinc: 0.91mg (6.06%), Vitamin E: 0.61mg (4.07%), Vitamin B12: 0.23µg (3.87%), Magnesium: 11.53mg (2.88%), Fiber: 0.64g (2.56%), Copper: 0.05mg (2.38%), Vitamin B5: 0.19mg (1.9%), Vitamin K: 1.88µg (1.79%), Potassium: 47.66mg (1.36%), Vitamin B6: 0.02mg (1.19%)