

Cheese Straws

 Vegetarian

READY IN



30 min.

SERVINGS



60

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 2 cups flour all-purpose
- 1 teaspoon salt
- 4 cups cheddar cheese shredded

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a cookie sheet.
- In a large bowl cream butter and cheese. Stir in flour and salt; mix well. On a lightly floured surface, roll the dough out to 1/2 inch in thickness.
- Cut into 2 inch strips and sprinkle with ground red pepper.
- Place strips on prepared cookie sheet(s) 1 1/2 inches apart.
- Bake in preheated oven for 10 to 15 minutes, or until crisp.

Nutrition Facts

PROTEIN 14.8% **FAT 62.57%** **CARBS 22.63%**

Properties

Glycemic Index:2.53, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:1.5726087028566%

Nutrients (% of daily need)

Calories: 59.47kcal (2.97%), Fat: 4.14g (6.36%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.04g (0.04%), Cholesterol: 11.6mg (3.87%), Sodium: 100.27mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Calcium: 54.36mg (5.44%), Selenium: 3.56µg (5.09%), Phosphorus: 39.46mg (3.95%), Vitamin B2: 0.05mg (3.2%), Vitamin A: 122.76IU (2.46%), Vitamin B1: 0.04mg (2.33%), Folate: 9.26µg (2.32%), Zinc: 0.31mg (2.05%), Manganese: 0.03mg (1.46%), Vitamin B12: 0.08µg (1.38%), Vitamin B3: 0.25mg (1.25%), Iron: 0.21mg (1.14%)