

# Cheese Straws

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup butter softened
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 8 ounce cheddar cheese shredded

## Equipment

- oven
- mixing bowl

## Directions

- Preheat oven to 450 degrees F (230 degrees C).
- In a mixing bowl, combine the cheese and butter. Blend in the flour and salt. Form the mixture into 6 balls.
- Roll the balls into slender "snakes."
- Cut each "snake" into 4 straws.
- Bake the straws for about 8 minutes, or until golden brown.

## Nutrition Facts

 PROTEIN **12.11%**  FAT **69.57%**  CARBS **18.32%**

## Properties

Glycemic Index:6.33, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:2.0586956519148%

## Nutrients (% of daily need)

Calories: 91.42kcal (4.57%), Fat: 7.1g (10.92%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.05g (0.05%), Cholesterol: 19.62mg (6.54%), Sodium: 116.54mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Calcium: 68.74mg (6.87%), Selenium: 4.49µg (6.41%), Phosphorus: 50.04mg (5%), Vitamin A: 212.87IU (4.26%), Vitamin B2: 0.07mg (4.06%), Vitamin B1: 0.04mg (2.92%), Folate: 11.66µg (2.91%), Zinc: 0.39mg (2.58%), Manganese: 0.04mg (1.83%), Vitamin B12: 0.11µg (1.8%), Vitamin B3: 0.31mg (1.57%), Iron: 0.26mg (1.43%), Vitamin E: 0.18mg (1.22%)