



Cheese Straws

 Vegetarian

READY IN



90 min.

SERVINGS



48

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup butter softened 2 sticks
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 cups flour all-purpose sifted
- ☐ 1 Dash garlic powder
- ☐ 2 teaspoons salt
- ☐ 30 ounce bricks sharp cheddar cheese shredded cold at room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: cookie press with a star tip
- ☐ Preheat the oven to 325 degrees F.
- ☐ Put the softened cheese and butter in the bowl of a heavy-duty electric mixer. Using the heaviest mixer paddle attachment, beat until the mixture has the consistency of whipped cream, 15 to 30 minutes.
- ☐ In a large bowl, sift 3 cups of the flour with the salt, black pepper, cayenne pepper and garlic powder. Gradually add the seasoned flour to the cheese mixture by large spoonfuls, beating well after each addition.
- ☐ Add the remaining 1 cup unseasoned flour incrementally until the dough is somewhat stiff but still soft enough to be pushed through a cookie press; you may not need to add all the flour.
- ☐ Lightly spray 4 cookie sheets with cooking spray. Put a portion of the dough into a cookie press fitted with the star tube and press the dough onto a cookie sheet in long strips that run the length of the pan. Repeat until the pan is full.
- ☐ Bake until straws are golden brown and crisp, about 20 minutes.
- ☐ With your hands or a sharp knife, break or cut the long strips into 3-inch lengths. Use a flat, thin spatula or an egg turner to remove the cheese strips from the pan. Allow them to cool on a wire rack. When they are completely cool, serve or store in a tightly covered container.

Nutrition Facts



 PROTEIN **14.55%**  FAT **62.17%**  CARBS **23.28%**

Properties

Glycemic Index:4.6, Glycemic Load:5.87, Inflammation Score:-3, Nutrition Score:3.8017391044161%

Nutrients (% of daily need)

Calories: 144.15kcal (7.21%), Fat: 9.96g (15.33%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 8.11g (2.95%), Sugar: 0.09g (0.1%), Cholesterol: 27.89mg (9.3%), Sodium: 243.39mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Calcium: 128.06mg (12.81%), Selenium: 8.59µg (12.28%), Phosphorus: 93.57mg (9.36%), Vitamin B2: 0.13mg (7.72%), Vitamin A: 297.92IU (5.96%), Vitamin B1: 0.09mg (5.81%), Folate: 22.93µg (5.73%), Zinc: 0.73mg (4.85%), Manganese: 0.07mg (3.69%), Vitamin B12: 0.2µg (3.26%), Vitamin B3: 0.63mg (3.13%), Iron: 0.51mg (2.86%), Magnesium: 7.19mg (1.8%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.12mg (1.24%), Fiber: 0.28g (1.14%), Copper: 0.02mg (1.05%)