



Cheese Straws

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



865 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons water
- ☐ 0.5 teaspoon salt
- ☐ 2 cups cheddar cheese shredded extra-sharp

Equipment

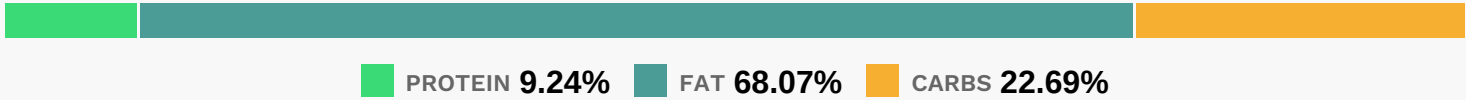
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine all ingredients in a food processor or heavy-duty mixer; chill.
- ☐ Roll out to 1/4-inch thickness; cut into 2"x1/2" strips. Arrange on ungreased baking sheets; bake at 350 for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:35.15, Inflammation Score:-8, Nutrition Score:18.102173794871%

Nutrients (% of daily need)

Calories: 865.45kcal (43.27%), Fat: 65.85g (101.3%), Saturated Fat: 40.11g (250.71%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 47.69g (17.34%), Sugar: 0.39g (0.43%), Cholesterol: 178.51mg (59.5%), Sodium: 1133.47mg (49.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.21%), Selenium: 37.75µg (53.92%), Calcium: 482.07mg (48.21%), Vitamin A: 1984.31IU (39.69%), Phosphorus: 361.8mg (36.18%), Vitamin B1: 0.51mg (33.99%), Vitamin B2: 0.58mg (33.95%), Folate: 127.94µg (31.99%), Manganese: 0.43mg (21.64%), Vitamin B3: 3.74mg (18.72%), Iron: 3.11mg (17.3%), Zinc: 2.57mg (17.1%), Vitamin E: 1.78mg (11.85%), Vitamin B12: 0.7µg (11.59%), Magnesium: 30.64mg (7.66%), Fiber: 1.69g (6.76%), Vitamin B5: 0.57mg (5.7%), Copper: 0.11mg (5.63%), Vitamin K: 5.52µg (5.25%), Potassium: 124.26mg (3.55%), Vitamin B6: 0.07mg (3.41%), Vitamin D: 0.34µg (2.26%)