



Cheese Straws

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon rounded cayenne
- ☐ 1.5 cups coarsely cheddar extra-sharp grated
- ☐ 1 cup flour all-purpose
- ☐ 1.5 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 0.8 stick butter unsalted cold cut into tablespoons

Equipment

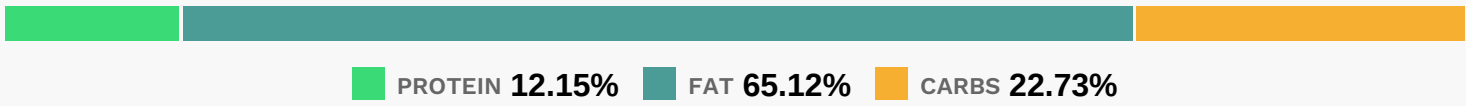
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350°F with racks in upper and lower thirds.
- ☐ Pulse cheese, flour, butter, salt, and cayenne in a food processor until mixture resembles coarse meal.
- ☐ Add milk and pulse until dough forms a ball.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 12- by 10-inch rectangle (1/8 inch thick).
- ☐ Cut dough with a lightly floured pizza wheel or lightly floured sharp knife into 1/3-inch-wide strips. Carefully transfer to 2 ungreased baking sheets, arranging strips 1/4 inch apart. (If strips tear, pinch back together.)
- ☐ Bake, switching position of sheets halfway through baking, until pale golden, 15 to 18 minutes. Cool completely on baking sheets on racks, about 15 minutes.
- ☐ Haggipavlu Nemea '04
- ☐ Cheese straws can be made 2 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:1.7752173883921%

Nutrients (% of daily need)

Calories: 73.69kcal (3.68%), Fat: 5.35g (8.23%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 4.06g (1.47%), Sugar: 0.09g (0.1%), Cholesterol: 14.77mg (4.92%), Sodium: 95.49mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Selenium: 3.82µg (5.45%), Calcium: 52.76mg (5.28%), Phosphorus: 39.8mg (3.98%), Vitamin B2: 0.06mg (3.5%), Vitamin A: 164.87IU (3.3%), Vitamin B1: 0.04mg

(2.91%), Folate: 11.13µg (2.78%), Zinc: 0.3mg (2.02%), Manganese: 0.04mg (1.84%), Vitamin B3: 0.31mg (1.57%),
Vitamin B12: 0.09µg (1.43%), Iron: 0.25mg (1.42%)