



Cheese Wafers

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

Ingredients

- 1 cup butter softened
- 2 cups rice cereal crisp
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground pepper red
- 1 teaspoon salt
- 8 ounces sharp cheddar cheese shredded
- 1 teaspoon worcestershire sauce

Equipment

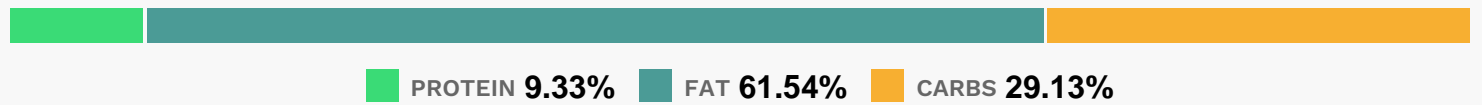
- baking sheet

- oven
- wire rack
- hand mixer

Directions

- Beat first 6 ingredients at medium speed with an electric mixer until blended; knead in cereal. Shape into 1-inch balls; arrange on baking sheets. Flatten each ball with a fork.
- Bake at 350 for 10 minutes or until lightly browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:2.79, Glycemic Load:3.63, Inflammation Score:-2, Nutrition Score:1.7791304136424%

Nutrients (% of daily need)

Calories: 80.12kcal (4.01%), Fat: 5.49g (8.44%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.65g (2.06%), Sugar: 0.05g (0.05%), Cholesterol: 4.72mg (1.57%), Sodium: 125.74mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Selenium: 3.63µg (5.18%), Vitamin A: 225.27IU (4.51%), Vitamin B1: 0.06mg (3.77%), Calcium: 36.07mg (3.61%), Folate: 14.18µg (3.55%), Vitamin B2: 0.06mg (3.36%), Phosphorus: 30.81mg (3.08%), Manganese: 0.05mg (2.27%), Vitamin B3: 0.42mg (2.09%), Iron: 0.34mg (1.89%), Zinc: 0.23mg (1.52%), Vitamin E: 0.19mg (1.29%)