



## Chef John's Cheesy Crackers

READY IN



80 min.

SERVINGS



36

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pinch cayenne pepper to taste
- 0.5 cup flour all-purpose
- 0.5 teaspoon paprika
- 0.3 cup lightly freshly parmesan cheese shredded packed
- 0.3 teaspoon salt
- 0.8 cup lightly sharp cheddar cheese shredded packed
- 2 tablespoons butter unsalted at room temperature
- 0.5 teaspoon vegetable oil

## Equipment

- baking sheet
- oven
- mixing bowl
- plastic wrap
- aluminum foil
- spatula
- skewers
- pizza cutter

## Directions

- Line a baking sheet with aluminum foil and lightly grease with vegetable oil.
- Place butter into a mixing bowl; add Cheddar cheese, Parmesan cheese, paprika, cayenne pepper, and salt.
- Mix together with the back of a spatula until thoroughly combined.
- Mix flour into cheese mixture with a fork until crumbly.
- Sprinkle in cold water, 1 or 2 drops at a time, and mix with spatula until it comes together in a dough that holds its shape when squeezed.
- Transfer dough to a work surface and press into a thick, flattened disk. Wrap in plastic wrap and refrigerate 30 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- Roll dough out on a floured work surface to about 1/8-inch thick. Use a pizza cutter to cut 1-inch wide strips from the dough.
- Cut strips crosswise into rectangles about 1 1/2-inches long. Use the back of a bamboo skewer to punch 5 small holes into each cracker. Arrange crackers onto prepared baking sheet.
- Bake in the preheated oven until crackers are browned and crisp, about 15 minutes.
- Let stand about 3 minutes for crackers to cool and release from the foil.
- Let cool completely before serving.

# Nutrition Facts

■ PROTEIN 16.6% ■ FAT 61.23% ■ CARBS 22.17%

## Properties

Glycemic Index:4.89, Glycemic Load:0.98, Inflammation Score:-1, Nutrition Score:0.73043477859186%

## Nutrients (% of daily need)

Calories: 25.77kcal (1.29%), Fat: 1.75g (2.7%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.02g (0.03%), Cholesterol: 4.66mg (1.55%), Sodium: 46.52mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Calcium: 28.13mg (2.81%), Selenium: 1.47µg (2.1%), Phosphorus: 19.36mg (1.94%), Vitamin B2: 0.02mg (1.33%), Vitamin A: 65.09IU (1.3%)