



Cindy's Cheese Wafers

READY IN



15 min.

SERVINGS



1

CALORIES



2787 kcal

Ingredients

- 0.5 cup butter softened
- 1.8 cups flour all-purpose
- 1 teaspoon ground pepper red
- 0.5 teaspoon onion salt
- 1 halves pecan
- 10 oz block sharp cheddar cheese finely grated
- 1 teaspoon worcestershire sauce

Equipment

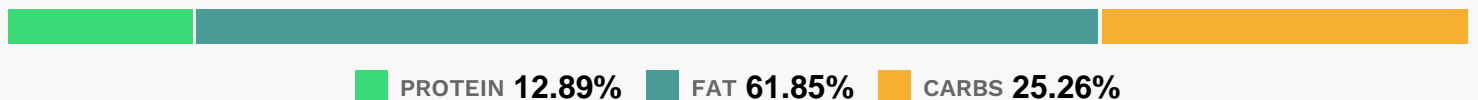
- bowl

- baking sheet
- paper towels
- oven
- plastic wrap
- hand mixer

Directions

- Beat cheese and butter at medium speed with an electric mixer in a large bowl until blended.
- Add red pepper, Worcestershire sauce, and onion salt, beating just until blended. Gradually add flour, beating until mixture is blended and smooth.
- Shape dough into 2 (10-inch-long) logs. Wrap each log in plastic wrap; chill at least 8 hours or up to 24 hours.
- Cut logs into 1/4-inch-thick slices, and place on lightly greased baking sheets. Gently press 1 pecan half into center of each slice.
- Bake at 350 for 14 to 16 minutes or until lightly browned.
- Remove to wire racks, and let cool completely.
- Olive Cheese Bites: Omit pecan halves.
- Drain 1 (7 1/2-oz.) jar pimiento-stuffed olives on paper towels. Prepare cheese wafer dough as directed. Pinch off a 1-inch piece of dough. Wrap dough around 1 olive; roll in hands to form a ball, covering entire olive with dough, and place on a lightly greased baking sheet. Repeat procedure with remaining dough and olives.
- Bake at 350 for 15 minutes or until lightly browned. Makes about 4 dozen. Prep: 15 min.,
- Bake: 15 min. per batch.

Nutrition Facts



Properties

Glycemic Index:194, Glycemic Load:122.86, Inflammation Score:-10, Nutrition Score:54.33521711308%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 2787.36kcal (139.37%), Fat: 191.93g (295.28%), Saturated Fat: 113.26g (707.88%), Carbohydrates: 176.39g (58.8%), Net Carbohydrates: 169.81g (61.75%), Sugar: 2.46g (2.73%), Cholesterol: 527.52mg (175.84%), Sodium: 3829.58mg (166.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.98g (179.97%), Selenium: 155.78µg (222.55%), Calcium: 2075.44mg (207.54%), Phosphorus: 1575.24mg (157.52%), Vitamin B2: 2.4mg (141.03%), Vitamin A: 6514.71IU (130.29%), Vitamin B1: 1.83mg (121.67%), Folate: 466.16µg (116.54%), Manganese: 1.63mg (81.31%), Zinc: 12.17mg (81.1%), Vitamin B3: 13.34mg (66.71%), Iron: 11.15mg (61.92%), Vitamin B12: 3.2µg (53.3%), Vitamin E: 5.51mg (36.74%), Magnesium: 132.48mg (33.12%), Fiber: 6.58g (26.34%), Vitamin B5: 2.27mg (22.66%), Copper: 0.45mg (22.29%), Vitamin B6: 0.35mg (17.36%), Potassium: 573.85mg (16.4%), Vitamin K: 17.12µg (16.3%), Vitamin D: 1.7µg (11.34%), Vitamin C: 2.32mg (2.82%)