



Cornmeal Crackers With Pumpkin Seeds

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper red crushed
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup cornmeal yellow stone-ground
- ☐ 2 teaspoons kosher salt
- ☐ 3 tablespoons milk
- ☐ 0.8 cup pumpkin seeds raw
- ☐ 2 teaspoons sugar
- ☐ 6 tablespoons butter unsalted

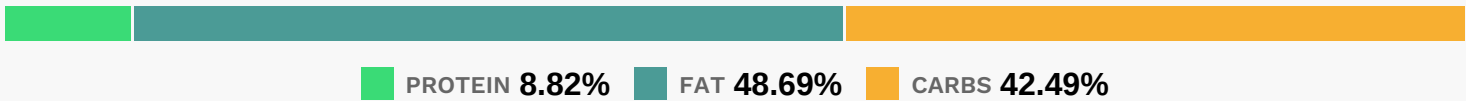
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large skillet, stir the cornmeal over moderate heat, shaking the pan occasionally, until lightly toasted, about 2 minutes.
- ☐ Transfer to a plate to cool.
- ☐ In a medium bowl, combine the cornmeal with the flour, 1/2 cup of the pumpkin seeds, the salt, sugar and crushed red pepper. Using your fingers, work the butter into the cornmeal mixture until incorporated.
- ☐ Mix in the milk, pressing the dough with your hands to form a ball; add a little more milk if necessary. Cover the dough and refrigerate until chilled and firm, : about 1 hour.
- ☐ Preheat the oven to 35
- ☐ Butter: 2 baking sheets. Pinch off 1-inch pieces of dough and roll into balls. Arrange the balls on the baking sheet and press into 2-inch rounds with a flat-bottomed glass. Press the remaining 1/4 cup of pumpkin seeds into the rounds.
- ☐ Bake the crackers for about 10 minutes, or until browned around the edges.
- ☐ Let cool for 5 minutes, then transfer to a large plate.
- ☐ Serve warm or at room temperature.
- ☐ Make Ahead: The cracker dough can be frozen for up to 1 month. The crackers can be stored overnight in an airtight container. Recrisp them in a 300 oven for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:4.25, Inflammation Score:-1, Nutrition Score:1.8465217322759%

Nutrients (% of daily need)

Calories: 62.81kcal (3.14%), Fat: 3.45g (5.31%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.09g (2.21%), Sugar: 0.46g (0.51%), Cholesterol: 6.2mg (2.07%), Sodium: 157.12mg (6.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Manganese: 0.13mg (6.47%), Magnesium: 16.15mg (4.04%), Phosphorus: 37.37mg (3.74%), Vitamin B1: 0.05mg (3.06%), Fiber: 0.7g (2.78%), Iron: 0.46mg (2.53%), Selenium: 1.6µg (2.28%), Zinc: 0.32mg (2.15%), Folate: 8.55µg (2.14%), Vitamin B3: 0.4mg (2.02%), Copper: 0.04mg (2%), Vitamin B6: 0.04mg (1.85%), Vitamin A: 87.48IU (1.75%), Vitamin B2: 0.03mg (1.55%), Potassium: 37.29mg (1.07%)