



Cracked Pepper-Nut Crackers

READY IN



45 min.

SERVINGS



36

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large egg yolk with 1 tablespoon water lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 0.8 cup macadamia nuts salted
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons butter unsalted cold
- ☐ 2 tablespoons water

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ In a food processor, pulse the flour with 1/2 cup of the nuts, the salt and pepper until the nuts are finely chopped.
- ☐ Add the butter and process until the mixture resembles fine meal.
- ☐ Add the water and process until the dough comes together. Shape the dough into an 8-inch log, wrap in plastic wrap and refrigerate until firm.
- ☐ Preheat the oven to 37
- ☐ Line 2 baking sheets with parchment or wax paper. Finely chop the remaining 1/4 cup of macadamia nuts and mix with the Parmesan.
- ☐ Cut the log into scant 1/4-inch-thick slices and arrange them on the prepared baking sheets.
- ☐ Brush the slices with the egg wash and sprinkle with the Parmesan mixture.
- ☐ Bake the crackers for about 17 minutes, or until golden brown.
- ☐ Let cool on the baking sheets.
- ☐ Transfer the crackers to a large plate and serve.
- ☐ Make Ahead: The crackers can be kept in an airtight container for 3 days or frozen for up to 1 month.
- ☐ Wine Recommendation: Stuckey: The 1998 Weingut Brndlmayer Grner Veltiner Kamptal from Austria is a lively white with loads of very ripe fruit and a big hit of pepper that echoes the flavor of the crackers.Triffon: The crunchy, peppery crackers call for a rustic, palate-cleansing red such as the 1996 Selvapiana Chianti Rufina from Tuscany.

Nutrition Facts



 PROTEIN **7.06%**  FAT **67.44%**  CARBS **25.5%**

Properties

Glycemic Index:3.25, Glycemic Load:1.94, Inflammation Score:-1, Nutrition Score:1.3839130424287%

Nutrients (% of daily need)

Calories: 48.42kcal (2.42%), Fat: 3.73g (5.74%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.14g (0.16%), Cholesterol: 9.05mg (3.02%), Sodium: 77.41mg (3.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Manganese: 0.15mg (7.36%), Vitamin B1: 0.06mg (4.12%), Selenium: 1.8µg (2.58%), Folate: 7.45µg (1.86%), Vitamin B2: 0.03mg (1.6%), Iron: 0.29mg (1.59%), Phosphorus: 15.7mg (1.57%), Copper: 0.03mg (1.4%), Fiber: 0.35g (1.39%), Vitamin B3: 0.28mg (1.38%), Magnesium: 4.8mg (1.2%), Vitamin A: 51.99IU (1.04%), Calcium: 10.33mg (1.03%)