



Cracked Pepper-Parmesan Crisps

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



134 kcal

Ingredients

- 0.5 tsp coarsely ground pepper black
- 0.3 cup parmesan cheese grated kraft
- 0.8 cup parmesan cheese shredded kraft

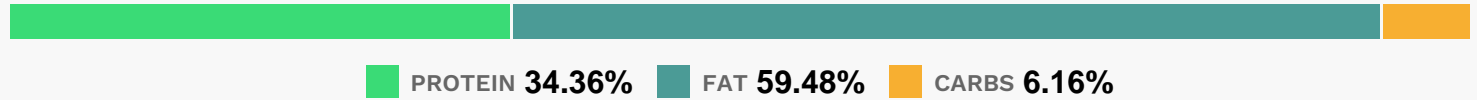
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Combine cheeses. Spoon into 15 mounds, 2 inches apart, on baking sheet, using about 1 Tbsp. cheese mixture for each. Flatten mounds slightly.
- Sprinkle with pepper.
- Bake 6 min. or until golden brown, rotating baking sheet after 3 min.
- Transfer immediately to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:5.0326087358205%

Nutrients (% of daily need)

Calories: 133.92kcal (6.7%), Fat: 8.8g (13.54%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.21g (0.23%), Cholesterol: 24.25mg (8.08%), Sodium: 546.4mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Calcium: 371.14mg (37.11%), Phosphorus: 226.86mg (22.69%), Selenium: 8.56µg (12.23%), Zinc: 1.05mg (7.02%), Vitamin B12: 0.41µg (6.88%), Vitamin B2: 0.11mg (6.61%), Vitamin A: 269.16IU (5.38%), Magnesium: 14.49mg (3.62%), Manganese: 0.05mg (2.73%), Iron: 0.27mg (1.53%), Vitamin B6: 0.03mg (1.52%), Vitamin B5: 0.14mg (1.45%), Potassium: 42.76mg (1.22%), Vitamin D: 0.17µg (1.11%), Vitamin K: 1.11µg (1.06%)