



## Crispy All-Cheese Taco Shells

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 ounces parmesan grated
- ☐ 8 servings vegetable oil

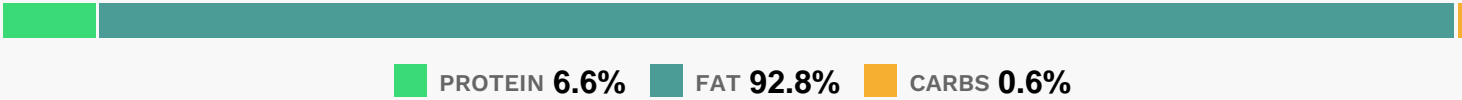
### Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon
- ☐ spatula

# Directions

- ☐ Using a paper towel, spread a thin layer of vegetable oil on the inside of the ring mold. Wipe a thin layer of oil into a small cast iron or non-stick skillet and place over medium-low heat for 2 minutes.
- ☐ Place ring mold in center of skillet and sprinkle a very light layer of cheese inside it. It should form an even layer in which you can still see the black bottom of the pan poking through in spots. Carefully remove ring mold and set aside.
- ☐ Cook cheese until it stops bubbling and is an even golden brown throughout, adjusting heat so that pan is hot but not smoking (you should never take it above medium-low). Use a thin metal spatula to carefully remove cheese from pan.
- ☐ Working quickly, drape the cheese over the handle of a thick wooden spoon placed over two overturned cups and form into a shell shape. It will harden within a few seconds.
- ☐ Transfer to a plate to cool completely. Repeat with remaining cheese to make more shells. After cooling completely, these shells can be stored in an air-tight container at room temperature for up to 5 days. Fill as desired (such as with soft scrambled eggs, or with charred corn), and serve.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.4321738782784%

## Nutrients (% of daily need)

Calories: 151.54kcal (7.58%), Fat: 15.83g (24.35%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.06g (0.06%), Cholesterol: 4.82mg (1.61%), Sodium: 113.54mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin K: 25.87µg (24.63%), Calcium: 83.91mg (8.39%), Vitamin E: 1.16mg (7.74%), Phosphorus: 49.19mg (4.92%), Selenium: 1.59µg (2.28%), Vitamin B12: 0.09µg (1.42%), Vitamin B2: 0.02mg (1.38%), Zinc: 0.19mg (1.3%), Vitamin A: 55.35IU (1.11%)