



Crispy Parmesan Crackers

READY IN



5 min.

SERVINGS



60

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter melted
- 0.5 teaspoon parsley flakes dried
- 6 egg roll wrappers
- 0.3 teaspoon garlic powder
- 0.3 cup parmesan cheese freshly grated
- 60 servings salt to taste

Equipment

- baking sheet

baking paper

oven

Directions

Combine first 3 ingredients.

Cut each egg roll wrapper into 4 strips lengthwise. Arrange strips on parchment paper-lined baking sheets.

Brush strips with melted butter, and sprinkle with cheese mixture.

Bake at 425 for 8 to 10 minutes or until edges are golden brown.

Sprinkle with salt to taste.

Parmesan Breadsticks: Substitute 1 (11-oz.) can refrigerated breadsticks for egg roll wrappers.

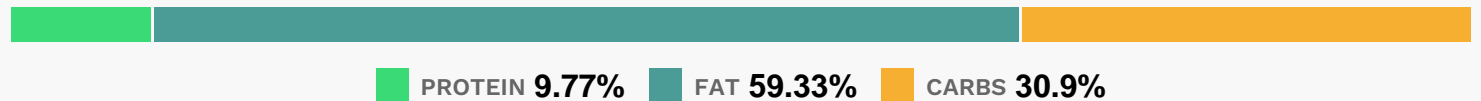
Roll each piece of dough into a 10-inch rope.

Brush with melted butter, and sprinkle with cheese mixture.

Bake at 375 for 11 to 13 minutes or until golden. Makes 1 dozen. Prep: 10 min.,

Bake: 13 min.

Nutrition Facts



Properties

Glycemic Index:0.08, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.23391304254208%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Nutrients (% of daily need)

Calories: 10.61kcal (0.53%), Fat: 0.7g (1.08%), Saturated Fat: 0.18g (1.16%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0g (0%), Cholesterol: 0.48mg (0.16%), Sodium: 215.13mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%)