



Cumin-Parmesan Crisps

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

Ingredients

☐ 1 teaspoon fennel seeds crushed finely

☐ 6 ounces parmesan cheese grated

Equipment

☐ bowl

☐ frying pan

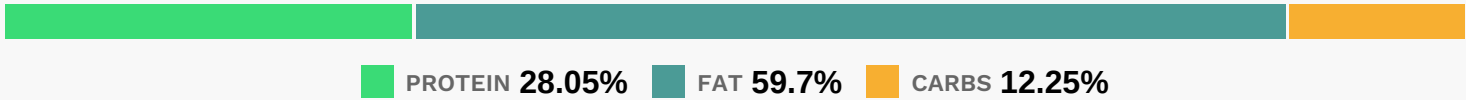
☐ paper towels

☐ spatula

Directions

- ☐ Mix cheese and cumin in medium bowl. Spray medium nonstick skillet with nonstick spray; heat over medium heat.
- ☐ Sprinkle 3 tablespoons cheese mixture in 4-inch round lace-like pattern over bottom of skillet. Cook until cheese is melted, bubbling and golden brown, about 4 minutes.
- ☐ Remove skillet from heat. Using thin metal spatula, carefully and gradually loosen edges of cheese crisp; gently transfer to paper towels to cool. Repeat with remaining cheese mixture, cooking 1 cheese crisp at a time and spraying skillet with nonstick spray before each crisp is cooked. Cool. (Can be made 6 hours ahead. Store in airtight container at room temperature.)
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.1973913297381%

Nutrients (% of daily need)

Calories: 90.38kcal (4.52%), Fat: 5.99g (9.22%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.01g (0.02%), Cholesterol: 18.5mg (6.17%), Sodium: 372.31mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.67%), Calcium: 190.95mg (19.09%), Phosphorus: 136.02mg (13.6%), Selenium: 7.44µg (10.63%), Zinc: 0.93mg (6.2%), Vitamin B12: 0.29µg (4.78%), Vitamin B2: 0.07mg (4.37%), Vitamin A: 184.26IU (3.69%), Magnesium: 8.4mg (2.1%), Manganese: 0.03mg (1.72%), Potassium: 43.36mg (1.24%)