



 **58%**  
HEALTH SCORE

## Four-Seed Cheddar Triangles

 Vegetarian  Gluten Free

READY IN



82 min.

SERVINGS



1

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons sesame seeds black
- 1 serving cheddar cheese
- 1 egg whites
- 0.3 cup pumpkin seeds salted
- 0.3 cup sunflower seeds
- 2 tablespoons sesame seed toasted
- 1 teaspoon water

### Equipment

- baking sheet
- baking paper
- oven
- whisk

## Directions

- Preheat oven to 35
- Prepare dough, and divide in half.
- Roll each half into a 9- to 10-inch round.
- Transfer rounds to parchment paper-lined baking sheets.
- Whisk together egg white and water just until foamy. Stir together pumpkin seeds, sunflower kernels, sesame seeds, and black sesame seeds.
- Brush rounds with egg white mixture, and sprinkle with seed mixture.
- Cut each round into wedges of random sizes, using a fluted pastry wheel. Separate wedges about 1 inch apart.
- Bake 16 to 18 minutes; cool on baking sheets on wire racks 30 minutes.

## Nutrition Facts

**PROTEIN 17.35%** **FAT 72.1%** **CARBS 10.55%**

## Properties

Glycemic Index:127, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:38.861739010915%

## Nutrients (% of daily need)

Calories: 606.44kcal (30.32%), Fat: 51.23g (78.82%), Saturated Fat: 10.86g (67.9%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 9.25g (3.36%), Sugar: 1.51g (1.68%), Cholesterol: 30mg (10%), Sodium: 253.9mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Manganese: 2.17mg (108.68%), Copper: 2.14mg (107.09%), Vitamin E: 12.44mg (82.9%), Magnesium: 327.36mg (81.84%), Phosphorus: 761.56mg (76.16%), Selenium: 44.76µg (63.94%), Calcium: 559.84mg (55.98%), Vitamin B1: 0.8mg (53.5%), Iron: 7.9mg (43.88%), Zinc: 6.52mg (43.43%), Vitamin B6: 0.75mg (37.42%), Folate: 123.86µg (30.97%), Fiber: 7.62g (30.47%), Vitamin B2: 0.49mg (28.61%), Vitamin B3: 5.08mg (25.41%), Potassium: 567.28mg (16.21%), Vitamin B5: 0.7mg (6.95%), Vitamin A: 322.79IU (6.46%), Vitamin B12: 0.34µg (5.75%), Vitamin K: 1.89µg (1.8%), Vitamin D: 0.18µg (1.2%)