



Garlic-Pepper Parmesan Crisps

 Gluten Free

READY IN



45 min.

SERVINGS



80

CALORIES



17 kcal

Ingredients

- 2 teaspoons garlic fresh minced
- 12 ounces parmigiano-reggiano cheese freshly grated
- 1 teaspoon pepper freshly ground

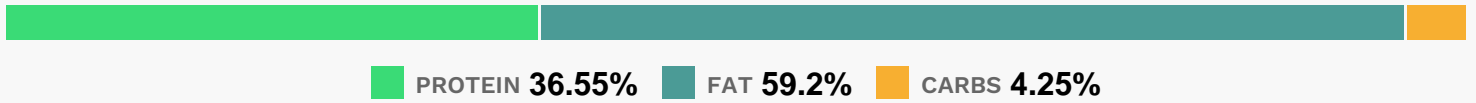
Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Combine all ingredients in a small bowl, stirring well.
- Sprinkle cheese mixture into a 1 1/2" round cookie cutter on a nonstick cookie sheet. Repeat procedure with cheese mixture, placing 16 circles on each sheet.
- Bake at 350 for 9 to 10 minutes or until golden. Cool slightly on baking sheets.
- Remove to wire racks to cool completely. Repeat procedure 5 times with remaining cheese mixture.

Nutrition Facts



Properties

Glycemic Index:1.11, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.64391304180026%

Nutrients (% of daily need)

Calories: 16.84kcal (0.84%), Fat: 1.1g (1.69%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.03g (0.04%), Cholesterol: 2.89mg (0.96%), Sodium: 68.14mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Calcium: 50.6mg (5.06%), Phosphorus: 29.67mg (2.97%), Selenium: 0.97µg (1.38%)