



WHATSheATE



Gluten-Free Chipotle Cheese Crackers



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 cups sharp cheddar cheese gluten-free grated
- ☐ 1 teaspoon worcestershire sauce gluten-free
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 1 cup frangelico gluten free

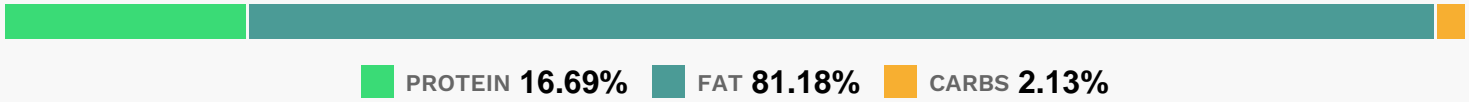
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Heat oven to 400°. Line baking pan with parchment paper.
- ☐ In large bowl, mix all ingredients with spoon or hands until all ingredients are thoroughly combined. Form dough into 24 balls, each about 1 1/2-inch in diameter.
- ☐ Place 2 inches apart on baking pan. Flatten balls to 2 1/2-inch diameter.
- ☐ Bake 15 minutes or until edges are beginning to brown.
- ☐ Remove from cookie sheet to cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.4652173996943%

Nutrients (% of daily need)

Calories: 58.31kcal (2.92%), Fat: 5.3g (8.15%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.07g (0.07%), Cholesterol: 21.32mg (7.11%), Sodium: 131.77mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Calcium: 68.61mg (6.86%), Phosphorus: 47.6mg (4.76%), Selenium: 3.26µg (4.66%), Vitamin A: 175.9IU (3.52%), Vitamin B2: 0.05mg (3.03%), Zinc: 0.37mg (2.49%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.16mg (1.07%)