



Gritz Cheese Crackers

READY IN



45 min.

SERVINGS



100

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup bread flour all-purpose
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup grits instant
- ☐ 0.7 cup buttermilk 1.5% low-fat
- ☐ 2 ounces parmesan cheese freshly grated
- ☐ 0.8 teaspoon salt
- ☐ 2.5 tablespoons butter unsalted cold cut into 1/4 -inch pieces

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ In a bowl, mix the grits, flour, salt, baking soda and cayenne. Rub in the butter until the mixture resembles coarse meal. Stir in the Parmesan and make a well in the center.
- ☐ Add the buttermilk and stir to form a stiff dough. Knead on a lightly floured surface until smooth. Wrap in plastic and let stand for 15 minutes.
- ☐ Cut the dough into quarters. Set one quarter on a lightly floured surface; cover the remaining pieces with plastic.
- ☐ Roll out the dough 1/16 inch thick. Using a 2-inch round biscuit cutter or a glass, cut out rounds of dough and arrange them on a nonstick baking sheet.
- ☐ Bake for 12 to 14 minutes, or until golden and crisp.
- ☐ Transfer to a rack and let cool. Repeat with the remaining dough.
- ☐ Make Ahead: The crackers can be stored in an airtight container for up to 2 weeks.
- ☐ Notes: FIVE CRACKERS: Calories 98 kcal, Protein 3 gm, Carbohydrate 9 gm, Cholesterol 5 mg, Total Fat 5 gm, Saturated Fat 4 gm

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:0.72782608963873%

Nutrients (% of daily need)

Calories: 15.7kcal (0.79%), Fat: 0.51g (0.78%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.1g (0.12%), Cholesterol: 1.31mg (0.44%), Sodium: 51.65mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Iron: 0.67mg (3.7%), Vitamin B1: 0.04mg (2.73%),

Selenium: 0.93µg (1.32%), Calcium: 13.05mg (1.31%), Folate: 5.16µg (1.29%), Vitamin B2: 0.02mg (1.27%), Vitamin B3: 0.22mg (1.08%)