



Herbed Cracker Bread

READY IN



45 min.

SERVINGS



24

CALORIES



66 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons coarsely ground pepper black
- ☐ 2 teaspoons herbs de provence dried
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons cornmeal yellow

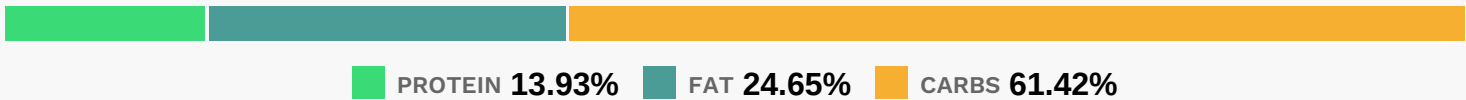
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and the next 6 ingredients (through salt) in a large bowl, stirring with a whisk.
- ☐ Combine sour cream, butter, and egg, stirring with a whisk.
- ☐ Add egg mixture to flour mixture; stir to form a soft dough. Turn dough out onto a lightly floured surface; knead lightly 7 or 8 times.
- ☐ Divide dough in half.
- ☐ Place 1 dough portion on each of 2 baking sheets coated with cooking spray and sprinkled with 1 1/2 tablespoons cornmeal; turn to coat top of dough.
- ☐ Roll each portion into a 12 x 8-inch rectangle (about 1/8 inch thick).
- ☐ Bake at 350 for 15 minutes or until browned and crisp.
- ☐ Remove from pan, and cool completely on wire racks. Break into 24 crackers.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:6.48, Inflammation Score:-1, Nutrition Score:2.4717391154364%

Nutrients (% of daily need)

Calories: 65.83kcal (3.29%), Fat: 1.79g (2.75%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.56g (3.48%), Sugar: 0.26g (0.29%), Cholesterol: 11.89mg (3.96%), Sodium: 136.27mg (5.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Selenium: 4.92µg (7.03%), Vitamin B1: 0.09mg (5.97%), Folate: 21.4µg (5.35%), Manganese: 0.1mg (5.14%), Vitamin B2: 0.08mg (4.48%), Calcium: 42.02mg (4.2%), Phosphorus: 39.33mg (3.93%), Iron: 0.71mg (3.92%), Vitamin B3: 0.66mg (3.31%), Fiber: 0.46g (1.85%), Vitamin K: 1.79µg (1.7%), Zinc: 0.22mg (1.46%), Vitamin A: 70.31IU (1.41%), Magnesium: 5.61mg (1.4%), Copper: 0.02mg (1.17%)