



Homemade Cheese Crackers



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



70

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter softened cut into pieces
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon pepper red crushed (use less if you want less spice)
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded

Equipment

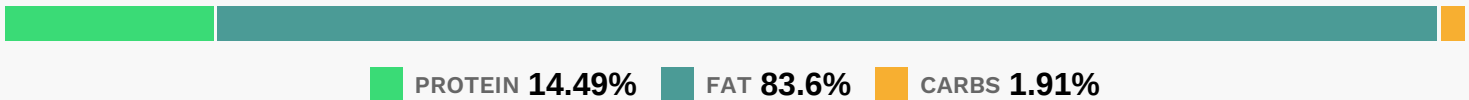
- ☐ food processor
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ skewers

Directions

- ☐ Preheat oven to 350° Grease baking sheet, or line with parchment or silicone mat.
- ☐ Place first 5 ingredients in food processor, and pulse until it turns into coarse crumbs.
- ☐ Add milk and process until dough forms.Using your hands form dough into a ball, then flatten on floured work surface.
- ☐ Roll out dough to 1/8" thick. Try to roll into rectangle as best as you can.Using a pizza or pasty cutter, cut dough into one inch squares. Use the flat end of a wooden skewer to poke a hole in the center of each cracker
- ☐ Using a spatula, transfer crackers to prepared baking sheet. You can place them fairly close together, they will puff up, but not spread much.
- ☐ Bake for 12–15 minutes, until edges start to brown. Do not over cook.
- ☐ Let them cool completely on a wire rack.Enjoy when cool. Store in airtight container for up to 3 days in a cool place.

Nutrition Facts



Properties

Glycemic Index:1.64, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.34826086906959%

Nutrients (% of daily need)

Calories: 15.9kcal (0.79%), Fat: 1.49g (2.3%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.02g (0.02%), Cholesterol: 4.2mg (1.4%), Sodium: 38.03mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Calcium: 17.7mg (1.77%), Phosphorus: 11.58mg (1.16%)