



## Lemon-and-Black-Pepper Cheese Straws

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 6 tablespoons parmesan freshly grated
- ☐ 1 sheet puff pastry frozen thawed

### Equipment

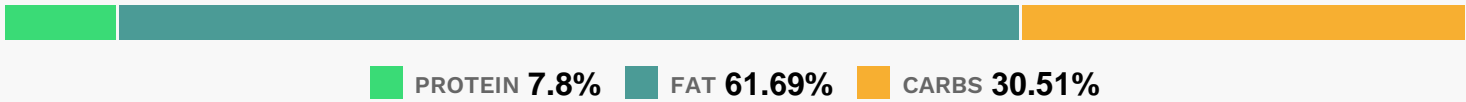
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ rolling pin

## Directions

- ☐ Preheat oven to 400F. Unfold pastry sheet onto a lightly floured work surface.
- ☐ Combine cheese, zest and pepper in a small bowl.
- ☐ Sprinkle mixture over half of pastry sheet, leaving a 1/4-inch border. Fold other half over cheese mixture. Flour a rolling pin and roll pastry to a 14-by-7-inch rectangle.
- ☐ Cut crosswise into 3/8 -inch strips.
- ☐ Twist each strip 4 or 5 times.
- ☐ Place on 2 ungreased baking sheets, pressing down on ends to keep strips twisted.
- ☐ Bake until golden brown (rotate pans halfway through), 11 to 13 minutes.
- ☐ Let cool on pan for 2 minutes.
- ☐ Remove straws; set aside until fully cooled. (Cheese straws will keep for several days in an airtight container.)

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:7.53, Inflammation Score:-1, Nutrition Score:3.383478289713%

## Nutrients (% of daily need)

Calories: 183.93kcal (9.2%), Fat: 12.64g (19.45%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 13.54g (4.92%), Sugar: 0.27g (0.3%), Cholesterol: 2.55mg (0.85%), Sodium: 136.38mg (5.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Selenium: 8.26µg (11.81%), Manganese: 0.17mg (8.31%), Vitamin B1: 0.12mg (8.25%), Vitamin B3: 1.29mg (6.45%), Folate: 24.22µg (6.05%), Vitamin B2: 0.1mg (5.86%), Vitamin K: 5.2µg (4.95%), Calcium: 48.52mg (4.85%), Iron: 0.83mg (4.61%), Phosphorus: 44.64mg (4.46%), Fiber: 0.53g (2.12%), Copper: 0.04mg (1.91%), Zinc: 0.27mg (1.79%), Magnesium: 6.82mg (1.71%), Vitamin E: 0.18mg (1.17%)