



Magic Wand Snacks

READY IN



30 min.

SERVINGS



16

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.7 cup cheddar cheese shredded
- 0.5 cup finely-chopped ham fully cooked finely chopped
- 0.8 cup milk
- 1 serving queso asadero

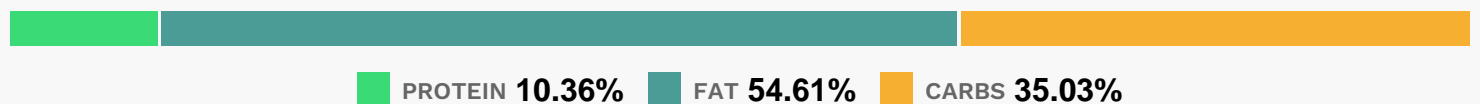
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 450°F.
- Mix flour, baking powder and salt in medium bowl.
- Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture is crumbly. Stir in cheese and salami. Stir in just enough milk until a soft dough forms.
- Turn dough onto lightly floured surface. Knead gently 10 times.
- Place on ungreased cookie sheet. Pat dough into 8-inch square; cut square in half.
- Cut each half crosswise into 1-inch strips. (For crisper sticks, arrange strips to have about 1-inch space between them.)
- Bake 12 to 15 minutes or until golden brown.
- Serve warm or cool with ketchup, mustard or cheese dip.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:8.99, Inflammation Score:-2, Nutrition Score:3.9404347616693%

Nutrients (% of daily need)

Calories: 145.28kcal (7.26%), Fat: 8.81g (13.55%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 12.29g (4.47%), Sugar: 0.61g (0.68%), Cholesterol: 8.71mg (2.9%), Sodium: 203.19mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Selenium: 7.55µg (10.78%), Vitamin B1: 0.15mg (10.03%), Calcium: 79.63mg (7.96%), Folate: 29.69µg (7.42%), Vitamin B2: 0.12mg (7.19%), Phosphorus: 71.76mg (7.18%), Manganese: 0.11mg (5.47%), Vitamin B3: 1.06mg (5.31%), Iron: 0.82mg (4.57%), Vitamin K: 3.6µg (3.43%), Vitamin E: 0.44mg (2.95%), Zinc: 0.41mg (2.73%), Vitamin B12: 0.16µg (2.69%), Vitamin B5: 0.2mg (2.05%),

Magnesium: 6.96mg (1.74%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.42%), Potassium: 47.69mg (1.36%), Vitamin A: 66.11IU (1.32%), Vitamin B6: 0.03mg (1.31%), Vitamin D: 0.15µg (1.03%)