



Meaty Cheese Corn Bones

READY IN



45 min.

SERVINGS



24

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brewer's yeast
- 2 tablespoons canola oil
- 1 large eggs
- 0.8 cup cornmeal stone ground
- 0.8 cup beef broth low sodium
- 0.5 cup nonfat milk dry
- 0.7 cup reduced fat cheddar cheese shredded
- 1.7 cups flour whole wheat

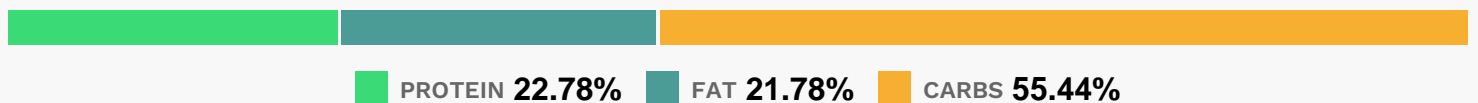
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- cookie cutter
- spatula

Directions

- Preheat the oven to 350F. Line 2 large shallow baking sheets with parchment paper.
- Combine the flour, cornmeal, brewers yeast and dry milk in a medium bowl. Stir in the cheddar cheese.
- Whisk together the broth, egg and oil in a separate bowl.
- Pour the wet ingredients into the dry and stir with a spoon or rubber spatula until a rough dough forms. Knead the dough in the bowl 5–6 times until it comes together.
- Turn the dough out onto a lightly floured work surface and roll out to a 1/4-inch thickness. With a 3-inch dog bone or cat shaped cookie cutter, cut out treats and transfer to the prepared baking sheet. Press all the scraps together, kneading once or twice, then roll out to 1/4-inch thickness and cut out more treats; repeat if necessary.
- Bake treats until lightly browned and fairly hard, rotating the pans from top to bottom once, about 30–35 minutes.
- Remove from the oven and cool completely; biscuits will harden as they cool. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:5.6134782647309%

Nutrients (% of daily need)

Calories: 85.19kcal (4.26%), Fat: 2.1g (3.24%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.2g (3.71%), Sugar: 1.44g (1.6%), Cholesterol: 8.91mg (2.97%), Sodium: 55.43mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Manganese: 0.37mg (18.6%), Vitamin B1: 0.17mg (11.13%), Selenium: 7.23µg (10.32%), Vitamin B2: 0.17mg (10.13%), Vitamin B6: 0.18mg (8.79%), Phosphorus: 84.45mg (8.44%), Fiber: 1.85g (7.41%), Vitamin B3: 1.38mg (6.88%), Folate: 24.29µg (6.07%), Magnesium: 22.87mg (5.72%), Zinc: 0.8mg (5.35%), Iron: 0.95mg (5.28%), Calcium: 50.97mg (5.1%), Potassium: 176.67mg (5.05%), Copper: 0.07mg (3.29%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.32µg (2.13%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.31mg (2.04%), Vitamin A: 72.97IU (1.46%)