



## Oat-and-Cheddar Crackers

 Vegetarian

READY IN



120 min.

SERVINGS



1

CALORIES



1439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg yolk with 1 tablespoon of milk lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 cup old-fashioned rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sharp cheddar cheese shredded

- ☐ 1 serving sugar
- ☐ 2 tablespoons butter unsalted cold cut into small pieces

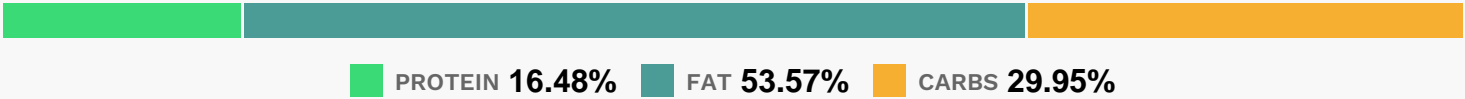
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

## Directions

- ☐ In a small bowl, combine the oats and milk and let stand until the oats soften slightly, about 5 minutes.
- ☐ In a food processor, combine the flour, baking powder and salt and pulse a few times to blend.
- ☐ Add the cheese and butter and pulse until a coarse meal forms. Stir the beaten egg into the softened oats, then scrape the oats into the food processor. Pulse until a dough forms. Scrape the dough onto a large sheet of plastic wrap and gently knead a few times until thoroughly blended. Pat the dough into a disk, wrap it up and refrigerate until firm, about 1 hour.
- ☐ Preheat the oven to 37
- ☐ Line 2 baking sheets with parchment paper. Work with half of the dough at a time: On a lightly floured work surface, dust the dough with flour. Cover with a large sheet of plastic wrap.
- ☐ Roll out the dough 1/8 inch thick. Quickly cut the dough into 1 1/2-inch squares or stamp out different shapes.
- ☐ Brush off any excess flour and transfer the squares to one of the baking sheets. Refrigerate for at least 5 minutes, until the squares are firm. Repeat with the second piece of dough.
- ☐ Lightly brush the squares with the egg wash and lightly sprinkle with sugar.
- ☐ Bake for about 16 minutes, until the crackers are golden brown.
- ☐ Transfer to a rack and let cool before serving or packaging.

# Nutrition Facts



## Properties

Glycemic Index:272, Glycemic Load:63.36, Inflammation Score:-9, Nutrition Score:45.729999645897%

## Nutrients (% of daily need)

Calories: 1439.32kcal (71.97%), Fat: 85.51g (131.55%), Saturated Fat: 46.42g (290.13%), Carbohydrates: 107.54g (35.85%), Net Carbohydrates: 100.92g (36.7%), Sugar: 5.34g (5.94%), Cholesterol: 578.37mg (192.79%), Sodium: 1720.9mg (74.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.19g (118.38%), Selenium: 109.78µg (156.83%), Calcium: 1224.7mg (122.47%), Phosphorus: 1169.94mg (116.99%), Manganese: 2.15mg (107.71%), Vitamin B2: 1.56mg (91.81%), Vitamin B1: 1.05mg (69.92%), Folate: 263.36µg (65.84%), Zinc: 8.63mg (57.53%), Vitamin A: 2729IU (54.58%), Vitamin B12: 2.65µg (44.18%), Iron: 7.76mg (43.13%), Magnesium: 129.74mg (32.44%), Vitamin B3: 6.18mg (30.9%), Vitamin B5: 2.98mg (29.81%), Fiber: 6.63g (26.51%), Vitamin D: 3.86µg (25.71%), Copper: 0.39mg (19.75%), Vitamin E: 2.93mg (19.53%), Vitamin B6: 0.36mg (18.09%), Potassium: 542.19mg (15.49%), Vitamin K: 6.89µg (6.57%)