



Original Cheese Tempters

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1.1 cups flour all-purpose
- ☐ 1 pinch ground pepper
- ☐ 2 cups pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound sharp cheddar cheese shredded

Equipment

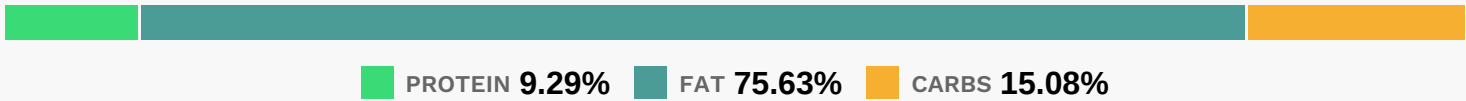
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Blend the butter, cheese, salt and cayenne pepper together until well combined. Stir in the flour and mix well. Shape dough into 3 rolls about 1 1/2 inches in diameter. Wrap the rolls in plastic wrap and refrigerate until firm.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cut rolls into 1/8 to 1/4 inch thick slices.
- ☐ Place on a parchment paper lined baking sheet and press a pecan half or piece onto the top of each cookie.
- ☐ Bake at 375 degrees F (190 degrees C) for about 12 minutes or until set.
- ☐ Let cool on wire wracks before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:1.6447826100756%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 60.32kcal (3.02%), Fat: 5.22g (8.03%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.15g (0.17%), Cholesterol: 7.85mg (2.62%), Sodium: 46.62mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Manganese: 0.16mg (8.25%), Calcium: 29.85mg (2.98%), Phosphorus: 29.44mg (2.94%), Selenium: 2.01µg (2.87%), Vitamin B1: 0.04mg (2.76%), Copper: 0.04mg (2.21%), Zinc: 0.31mg (2.04%), Vitamin B2: 0.03mg (1.95%), Vitamin A: 87.69IU (1.75%), Fiber: 0.38g (1.52%), Folate:

5.87μg (1.47%), Magnesium: 5.57mg (1.39%), Iron: 0.2mg (1.1%)