



Pam's Cheese Wafers

READY IN



45 min.

SERVINGS



36

CALORIES



67 kcal

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pinch salt
- ☐ 10 ounce block sharp cheddar cheese cut into pieces

Equipment

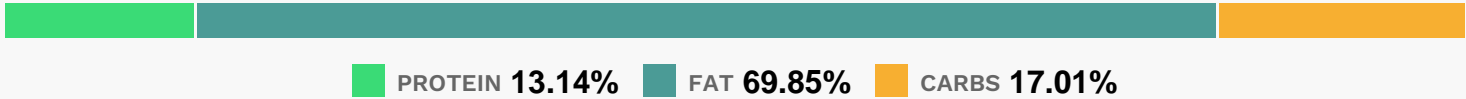
- ☐ food processor
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Shred sharp Cheddar cheese in a food processor.
- ☐ Process cheese, flour, and remaining ingredients in food processor until mixture forms a ball. Shape dough into 1-inch balls; place 2 inches apart on a parchment paper-lined baking sheet.
- ☐ Freeze on a baking sheet, if desired, and place frozen dough in heavy-duty zip-top plastic bags; seal. Store in freezer up to 1 month, if desired.
- ☐ Bake at 400 for 6 to 7 minutes. (
- ☐ Bake frozen dough balls at 400 for 15 minutes.)
- ☐ Let stand 2 minutes; remove to wire racks to cool.
- ☐ Place dough in a heavy-duty zip-top plastic bag.
- ☐ Cut 1/2-inch hole in 1 corner of bag, and pipe 1-inch mounds 2 inches apart onto parchment-lined baking sheets. Freeze or bake wafers as directed.

Nutrition Facts



Properties

Glycemic Index:3.72, Glycemic Load:1.97, Inflammation Score:-2, Nutrition Score:1.6034782504582%

Nutrients (% of daily need)

Calories: 67.48kcal (3.37%), Fat: 5.25g (8.08%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.04g (0.04%), Cholesterol: 7.87mg (2.62%), Sodium: 82.38mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Calcium: 57.16mg (5.72%), Selenium: 3.41µg (4.87%), Phosphorus: 40.58mg (4.06%), Vitamin A: 197.46IU (3.95%), Vitamin B2: 0.05mg (3.13%), Zinc: 0.31mg (2.09%), Folate: 8.05µg (2.01%), Vitamin B1: 0.03mg (1.99%), Vitamin B12: 0.09µg (1.44%), Manganese: 0.02mg (1.24%), Vitamin E: 0.16mg (1.09%), Vitamin B3: 0.21mg (1.06%)