

Parma Crisps

29 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	5 min	20 min	6	\$0.82	253 kcal



Parma Crisps requires approximately 25 minutes from start to finish. One portion of this dish contains around 10g of protein, 14g of fat, and a total of 253 calories. This recipe serves 6. For 82 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 French baguette, cut into diagonal 1/2 inch slices
- ☐ 1/4 cup olive oil
- ☐ 1 cup finely grated Parmigiano-Reggiano cheese

EQUIPMENT Baking sheet, Baking paper, Oven

Method

- 1

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2

Arrange baguette slices in a single layer on the baking sheet. Lightly brush olive oil on each slice.

- 3 Bake in the preheated oven until bread starts to crisp, about 12 minutes.
- 4 Remove from oven.
- 5 Sprinkle half of the grated Parmigiano-Reggiano cheese over slices and return to oven; bake for 5 minutes.
- 6 Remove from oven.
- 7 Turn each slice over and sprinkle with remaining Parmigiano-Reggiano cheese. Return to oven and bake until crisp, 5 to 10 minutes.

Nutrition per serving

253	10 g	14 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.2 g · 26% of daily needs
Fibre			0.9 g · 4% of daily needs
Sugar			2.1 g · 2% of daily needs
Sodium			525 mg · 23% of daily needs
Cholesterol			11.3 mg · 4% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/parma-crisps-146269