



Parmesan-Basil-Cheddar Stars

READY IN



45 min.

SERVINGS



100

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 3 tablespoons half and half
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups parmesan grated
- ☐ 10 oz sharp cheddar cheese shredded

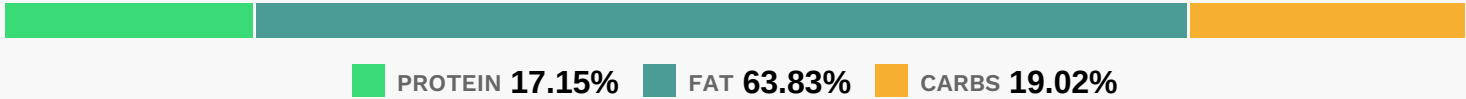
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat Cheddar cheese, butter, half-and-half, and salt at medium speed with a heavy-duty electric stand mixer until blended. Gradually add flour, Parmigiano-Reggiano cheese, and basil, beating just until combined.
- ☐ Turn dough out onto a well-floured surface. Divide into 4 equal portions, and flatten each into a disk; roll to 1/8-inch thickness.
- ☐ Cut with a 1 1/2-inch star-shaped cutter.
- ☐ Place 1 inch apart on parchment paper-lined baking sheets.
- ☐ Bake 11 to 14 minutes or until golden; cool on baking sheets on wire racks 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.49, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:0.90130434363433%

Nutrients (% of daily need)

Calories: 33.01kcal (1.65%), Fat: 2.34g (3.6%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.05g (0.05%), Cholesterol: 6.45mg (2.15%), Sodium: 73.44mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Calcium: 38.96mg (3.9%), Phosphorus: 26.15mg (2.62%), Selenium: 1.8µg (2.57%), Vitamin B2: 0.03mg (1.65%), Vitamin A: 73.24IU (1.46%), Vitamin B1: 0.02mg (1.09%), Zinc: 0.16mg (1.08%), Folate: 4.22µg (1.05%)