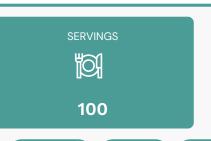


Parmesan-Basil-Cheddar Stars







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 heelectric stand mixer until blended. Gradually add flour, Parmigiano-Reggiano che basil, beating just until combined.	, ,	
Turn dough out onto a well-floured surface. Divide into 4 equal portions, and fla a disk; roll to 1/8-inch thickness.	atten each into	
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 min	nutes.	
Nutrition Facts		
PROTEIN 17.15% FAT 63.83% CARBS 19.02%		

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: Og (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%)