

STARTER & SNACK

Parmesan Cheese Bites

29 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	32	\$0.07	49 kcal

Parmesan Cheese Bites might be just the hor d'oeuvre you are searching for. This recipe serves 32. One portion of this dish contains roughly 1g of protein, 4g of fat, and a total of 49 calories. For 7 cents per serving, this recipe covers 1% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup all-purpose flour
- ☐ 1/2 cup butter or margarine, cut up
- ☐ 2/3 cup grated Parmesan cheese
- ☐ 1/4 teaspoon ground red pepper
- ☐ 2 tablespoons milk

EQUIPMENT Bowl, Baking sheet, Oven, Blender, Plastic wrap

Method

- 1

Stir together first 3 ingredients in a medium bowl; cut in butter with a pastry blender until crumbly. (
- 2

Mixture will look very dry.) Gently press mixture together with hands, working until blended and smooth (about 2 to 3 minutes).
- 3

Shape dough into 2 (4-inch-long) logs. Wrap in plastic wrap, and place in an airtight container. Chill 8 hours, or freeze up to 3 months. (Thaw overnight in refrigerator.)
- 4

Cut into 1/4-inch-thick slices, and place on a lightly greased baking sheet.
- 5

Brush with milkM1

6 Bake at 350 for 12 to 15 minutes or until lightly browned. Freeze up to 1 month, if desired.

Nutrition per serving

49	1 g	4 g	3 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 6% of daily needs
Sugar			0.1 g · 0% of daily needs
Sodium			70.3 mg · 3% of daily needs
Cholesterol			1.9 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/parmesan-cheese-bites-146430