



Parmesan Cheese Bites

READY IN



45 min.

SERVINGS



32

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup butter
- ☐ 2 tablespoons milk
- ☐ 0.7 cup parmesan cheese grated

Equipment

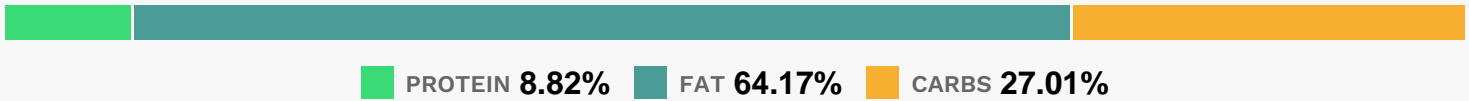
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Stir together first 3 ingredients in a medium bowl; cut in butter with a pastry blender until crumbly. (
- ☐ Mixture will look very dry.) Gently press mixture together with hands, working until blended and smooth (about 2 to 3 minutes).
- ☐ 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.)
- ☐ Cut into 1/4-inch-thick slices, and place on a lightly greased baking sheet.
- ☐ Brush with milkM1
- ☐ Bake at 350 for 12 to 15 minutes or until lightly browned. Freeze up to 1 month, if desired.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:1.0439130488945%

Nutrients (% of daily need)

Calories: 49.1kcal (2.46%), Fat: 3.51g (5.4%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.06g (0.07%), Cholesterol: 1.92mg (0.64%), Sodium: 70.34mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin A: 152.91IU (3.06%), Selenium: 2.07µg (2.96%), Vitamin B1: 0.03mg (2.14%), Calcium: 21.24mg (2.12%), Phosphorus: 19.24mg (1.92%), Folate: 7.33µg (1.83%), Vitamin B2: 0.03mg (1.72%), Manganese: 0.03mg (1.44%), Vitamin B3: 0.24mg (1.18%), Iron: 0.19mg (1.07%)