



Parmesan Cheese Squares

READY IN



30 min.

SERVINGS



15

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

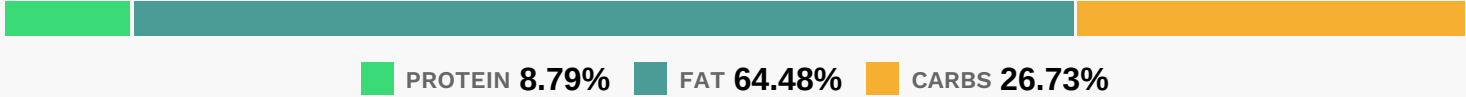
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a medium bowl; cut in butter with a pastry blender or two forks until crumbly. (
- ☐ Mixture will look very dry.) Gently press mixture together with hands, pressing until blended and smooth (about 2 to 3 minutes).
- ☐ Roll dough into a 10- x 8-inch rectangle on a lightly floured surface.
- ☐ Cut dough into 32 squares using a pastry wheel or knife.
- ☐ Place squares on lightly greased baking sheets; brush with milk.
- ☐ Bake at 350 for 12 to 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:4.64, Inflammation Score:-2, Nutrition Score:2.1686956479983%

Nutrients (% of daily need)

Calories: 104.6kcal (5.23%), Fat: 7.53g (11.59%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.79g (2.47%), Sugar: 0.13g (0.14%), Cholesterol: 20.38mg (6.79%), Sodium: 127.37mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Selenium: 4.5µg (6.42%), Vitamin A: 244.65IU (4.89%), Vitamin B1: 0.07mg (4.55%), Calcium: 44.86mg (4.49%), Phosphorus: 41.11mg (4.11%), Folate: 15.78µg (3.94%), Vitamin B2: 0.06mg (3.66%), Manganese: 0.06mg (3.07%), Vitamin B3: 0.5mg (2.52%), Iron: 0.41mg (2.28%), Zinc: 0.27mg (1.78%), Vitamin E: 0.21mg (1.43%), Vitamin B12: 0.08µg (1.39%)