



## Parmesan Cheese Straws

READY IN



30 min.

SERVINGS



72

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter softened
- 0.7 cup parmesan cheese grated
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 0.1 teaspoon ground pepper
- 0.3 cup milk whole

### Equipment

- bowl

baking sheet

oven

## Directions

In a small bowl, beat butter and Parmesan cheese until well blended.

Add the flour, salt and cayenne; mix well. Divide dough in half. On a lightly floured surface; roll each portion into an 18x3-in. rectangle.

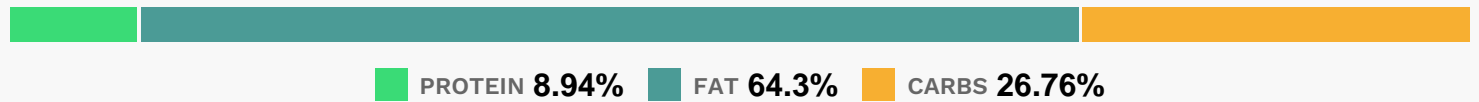
Cut into 3x1/2-in. strips.

Place 1 in. apart on greased baking sheets; brush with milk.

Bake at 350&deg; for 8-10 minutes or until lightly browned.

Remove to wire racks to cool. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:2.71, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:0.46217391089253%

## Nutrients (% of daily need)

Calories: 22.04kcal (1.1%), Fat: 1.58g (2.43%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.05g (0.05%), Cholesterol: 4.3mg (1.43%), Sodium: 34.77mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Selenium: 0.94µg (1.35%)