



Parmesan Pistachio Crisps

 Gluten Free

READY IN



60 min.

SERVINGS



48

CALORIES



13 kcal

Ingredients

- ☐ 4 ounces parmesan grated
- ☐ 2 tablespoons pistachios unsalted finely chopped

Equipment

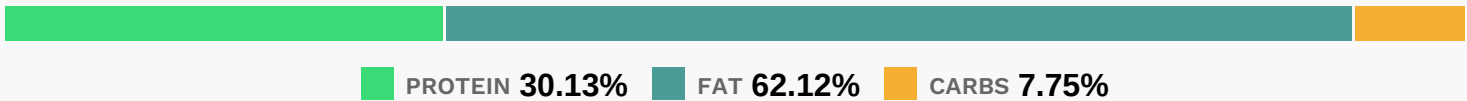
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F with rack in middle.

- ☐ Place silpat on a large baking sheet, or if not using a silpat or nonstick baking sheet, line alarge baking sheet with parchment. Put rounded teaspoons of cheese 2 inches apart on baking sheets and spread each into a 1 1/2 inch circle.
- ☐ Sprinkle each round lightly with chopped pistachios (about 1/8 teaspoon for each) and bake until just golden, 6 to 8 minutes.
- ☐ Let crisps cool on sheet 1 minute then transfer to a rack to cool completely.
- ☐ Bake more crisps in same manner on cooled sheet, wiping nonstick or silpat in between batches (if using), or replacing parchment with each new batch.
- ☐ •Crisps keep in an airtight container at room temperature for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:0.56, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.48173912274449%

Nutrients (% of daily need)

Calories: 12.78kcal (0.64%), Fat: 0.89g (1.37%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.07g (0.07%), Cholesterol: 1.61mg (0.54%), Sodium: 37.88mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Calcium: 28.63mg (2.86%), Phosphorus: 19.29mg (1.93%)