



Pecan-Rosemary-Cheddar Buttons

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 1.5 cups flour all-purpose
- 1 tablespoon rosemary leaves fresh finely chopped
- 2 tablespoons half and half
- 1 teaspoon kosher salt
- 2 cups pecans toasted chopped
- 10 oz sharp cheddar cheese shredded

Equipment

- baking sheet
- baking paper
- oven
- stand mixer

Directions

- Preheat oven to 35
- Beat cheese, butter, half-and-half, and salt at medium speed with a heavy-duty electric stand mixer until blended. Gradually add flour, pecans, and rosemary, beating just until combined.
- Turn dough out onto a well-floured surface. Divide into 4 equal portions, and flatten each into a disk; roll each disk to 1/8-inch thickness.
- Cut with a 2-inch round cutter.
- Place 1 inch apart on parchment paper-lined baking sheets.
- Bake 15 to 18 minutes or until golden; cool on baking sheets on wire racks 30 minutes.

Nutrition Facts

PROTEIN 10.13% **FAT 72.66%** **CARBS 17.21%**

Properties

Glycemic Index:2.25, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.5743478311469%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 56.43kcal (2.82%), Fat: 4.67g (7.19%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.15g (0.16%), Cholesterol: 7.47mg (2.49%), Sodium: 68.5mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Manganese: 0.14mg (7.11%), Calcium: 31.09mg (3.11%),

Selenium: 2.13µg (3.04%), Phosphorus: 29.26mg (2.93%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.29mg (1.94%), Copper: 0.04mg (1.91%), Vitamin A: 82.67IU (1.65%), Folate: 6.29µg (1.57%), Fiber: 0.34g (1.35%), Magnesium: 5.06mg (1.27%), Iron: 0.2mg (1.11%)