



Pecorino Crackers

READY IN



35 min.

SERVINGS



24

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon cayenne
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups pecorino cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 1 stick butter unsalted softened

Equipment

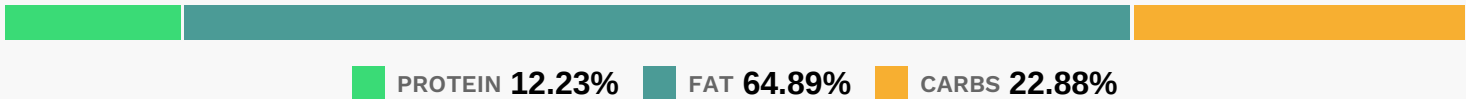
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the cheese, salt, pepper, and cayenne in a medium bowl and stir to combine.
- ☐ Add the butter. Using a hand mixer, beat the cheese mixture and butter until combined.
- ☐ Add the flour 1/4 cup at a time, mixing only until incorporated and the mixture holds together.
- ☐ Place tablespoon-sized balls of the dough on 1 or 2 parchment paper-lined baking sheets, tapping the dough down gently with your fingertips.
- ☐ Bake until just beginning to brown at the edges, about 15 minutes.
- ☐ Let cool on the baking sheet for a few minutes.
- ☐ Transfer to a serving plate.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:1.6356521641593%

Nutrients (% of daily need)

Calories: 72.96kcal (3.65%), Fat: 5.28g (8.12%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.06g (0.06%), Cholesterol: 15.54mg (5.18%), Sodium: 111.58mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Calcium: 57.47mg (5.75%), Phosphorus: 46.4mg (4.64%), Selenium: 2.57µg (3.67%), Vitamin A: 143.72IU (2.87%), Vitamin B1: 0.04mg (2.87%), Vitamin B2: 0.05mg (2.75%), Folate: 10.05µg (2.51%), Manganese: 0.04mg (1.99%), Iron: 0.29mg (1.59%), Vitamin B3: 0.31mg (1.57%), Zinc: 0.18mg (1.17%), Vitamin B12: 0.07µg (1.11%)