



## Quick and Easy Crackers

READY IN



40 min.

SERVINGS



20

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons butter unsalted cold
- ☐ 1 cup self raising flour
- ☐ 4 tablespoons buttermilk
- ☐ 1 teaspoon poppy seeds
- ☐ 2 teaspoons sesame seed
- ☐ 0.3 teaspoon pepper
- ☐ 2 teaspoons rosemary leaves fresh finely chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin for brushing
- ☐ 1 serving sea salt for sprinkling

- ☐ 0.3 cup parmesan fresh finely grated
- ☐ 1 teaspoon oregano dried

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ rolling pin

## Directions

- ☐ Heat oven to 350°F. Line cookie sheet with cooking parchment paper or silicone baking mat.
- ☐ Cut butter into small cubes. In medium bowl, coat butter in flour, then smash it between your fingers until well integrated and about the size of peppercorns.
- ☐ Decide if you are making seeded, rosemary or Parmesan-oregano crackers. For seeded crackers, stir in poppy seed, sesame seed and pepper. For rosemary crackers, stir in rosemary. For Parmesan-oregano crackers, stir in Parmesan cheese and oregano.
- ☐ Pour in 3 tablespoons of the buttermilk, and stir with fork.
- ☐ Add more buttermilk, a tablespoon at a time, until the dough just holds together.
- ☐ On work surface sprinkled with flour, roll out dough with rolling pin sprinkled with flour to about 1/16 inch.
- ☐ Cut crackers out of the dough, about 5 inches long by 1 inch wide.
- ☐ Place on cookie sheet using spatula. If making rosemary crackers, brush with olive oil, and sprinkle with coarse sea salt.
- ☐ Bake 25 to 30 minutes or until crackers are brown.
- ☐ Remove to cooling rack to cool before serving.

## Nutrition Facts



 PROTEIN 11.52%  FAT 47.56%  CARBS 40.92%

Properties

Glycemic Index:10.1, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:1.1243478348884%

Nutrients (% of daily need)

Calories: 47.82kcal (2.39%), Fat: 2.53g (3.89%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.19g (0.21%), Cholesterol: 4.19mg (1.4%), Sodium: 33.25mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Selenium: 2.98µg (4.26%), Manganese: 0.07mg (3.66%), Calcium: 25.38mg (2.54%), Phosphorus: 20.38mg (2.04%), Vitamin E: 0.18mg (1.23%), Copper: 0.02mg (1.22%), Vitamin K: 1.23µg (1.17%), Vitamin A: 51.97IU (1.04%), Fiber: 0.25g (1.01%)