



Salt-and-Pepper Crackers

 Vegetarian

READY IN



50 min.

SERVINGS



1

CALORIES



1255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 tsp pepper black freshly ground
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2 cups flour plus more for rolling
- ☐ 0.7 cup milk
- ☐ 1 tbsp salt
- ☐ 1 tablespoon sugar

Equipment

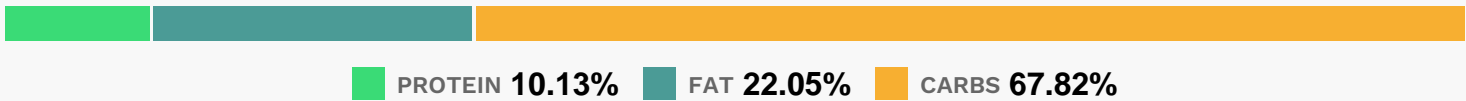
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ In a large bowl, combine flour, sugar, 1 tbsp. salt, and 1/8 tsp. pepper.
- ☐ Add butter and rub with fingers to work it into the flour mixture until no discernible pieces remain. Stir in milk. (Or you can pulse flour, sugar, 1 tbsp. salt, and 1/8 tsp. pepper in a food processor to combine, add butter, pulse until no discernible pieces remain, and whirl in milk.) Turn mixture out onto a floured work surface and knead; form into a ball.
- ☐ Divide dough ball in half. Working with one half at a time, pat each into a rectangle.
- ☐ Roll rectangles paper-thin and transfer each to its own baking sheet.
- ☐ Sprinkle with salt and pepper.
- ☐ Cut lightly (not necessarily all the way through) into 2-in. squares. (
- ☐ Cut off uneven sides or simply have some uneven crackers.)
- ☐ Bake 10 minutes. Switch position of sheets and continue baking until dough is starting to brown but is still mostly white or golden, about 5 minutes.
- ☐ Let cool on pans. Break into crackers and serve.

Nutrition Facts



Properties

Glycemic Index:265.09, Glycemic Load:149.32, Inflammation Score:-9, Nutrition Score:37.542173966118%

Nutrients (% of daily need)

Calories: 1255.19kcal (62.76%), Fat: 30.41g (46.78%), Saturated Fat: 17.81g (111.3%), Carbohydrates: 210.5g (70.17%), Net Carbohydrates: 203.69g (74.07%), Sugar: 20.49g (22.77%), Cholesterol: 79.72mg (26.57%), Sodium: 7223.46mg (314.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.85%), Vitamin B1: 2.06mg (137.02%), Selenium: 88.22µg (126.03%), Folate: 458.38µg (114.6%), Manganese: 1.76mg (88.09%), Vitamin B2: 1.47mg (86.57%), Vitamin B3: 14.95mg (74.73%), Iron: 11.7mg (64.97%), Phosphorus: 441.41mg (44.14%), Fiber: 6.81g

(27.25%), Calcium: 249.85mg (24.98%), Vitamin A: 964.61IU (19.29%), Magnesium: 75.69mg (18.92%), Copper: 0.37mg (18.56%), Vitamin B5: 1.74mg (17.36%), Zinc: 2.46mg (16.43%), Vitamin B12: 0.93µg (15.43%), Potassium: 523.22mg (14.95%), Vitamin D: 1.79µg (11.93%), Vitamin B6: 0.21mg (10.54%), Vitamin E: 0.88mg (5.89%), Vitamin K: 3.61µg (3.44%)