



Spicy Cheddar Cheese Straw Dough

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons half-and-half
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 10 oz block sharp cheddar cheese shredded
- ☐ 0.5 cup butter unsalted softened cut into 4 pieces and

Equipment

- ☐ food processor

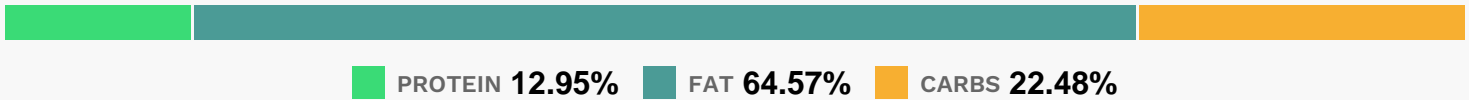
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Pulse first 5 ingredients in a food processor at 5-second intervals until mixture resembles coarse crumbs.
- ☐ Add half-and-half, and process 10 seconds or until dough forms a ball.
- ☐ Note: Dough may be wrapped in plastic wrap, sealed in a zip-top plastic freezer bag, and chilled up to 3 days.
- ☐ Four-Seed Cheddar Triangles: Preheat oven to 35
- ☐ Prepare dough, and divide in half.
- ☐ Roll each half into a 9- to 10-inch round.
- ☐ Transfer rounds to parchment paper-lined baking sheets.
- ☐ Whisk together 1 egg white and 1 tsp. water just until foamy. Stir together 1/4 cup roasted, salted pumpkin seeds; 1/4 cup roasted sunflower kernels; 2 Tbsp. toasted sesame seeds; and 2 Tbsp. black sesame seeds.
- ☐ Brush rounds with egg white mixture, and sprinkle with seed mixture.
- ☐ Cut each round into wedges of random sizes, using a fluted pastry wheel. Separate wedges about 1 inch apart.
- ☐ Bake 16 to 18 minutes; cool on baking sheets on wire racks 30 minutes. Makes: 24 to 32 triangles. Hands-on Time: 20 min.; Total Time: 1 hr., 22 min., including dough.
- ☐ Spicy Cheddar "Long" Straws: Preheat oven to 35
- ☐ Prepare dough, and turn out onto a well-floured surface; divide in half.
- ☐ Roll each half into a 12- x 8-inch rectangle (about 1/8 inch thick).

- ☐ Cut dough into 3/4-inch-wide strips using a sharp knife or fluted pastry wheel, dipping knife in flour after each cut to ensure clean cuts.
- ☐ Place strips on parchment paper-lined baking sheets.
- ☐ Bake 18 to 20 minutes or until edges are well browned; cool on baking sheets on wire racks 30 minutes. Makes: about 3 dozen. Hands-On Time: 15 min.; Total Time: 1 hr., 26 min., including dough.
- ☐ Pecan-Cheddar Buttons: Preheat oven to 300
- ☐ Prepare dough, and shape into 1-inch balls.
- ☐ Whisk together 2 egg whites and 2 tsp. water. Dip balls in egg white mixture, and roll in 2 cups finely chopped pecans.
- ☐ Place 1 inch apart on parchment paper-lined baking sheets.
- ☐ Bake 1 hour; cool on baking sheets on wire racks 30 minutes. Makes: about 4 1/2 dozen. Hands-on Time: 30 min.; Total Time: 3 hr., including dough.
- ☐ Spicy Cheddar Appetizer Cookies: Preheat oven to 350
- ☐ Prepare dough, and turn out onto a well-floured surface; divide in half.
- ☐ Roll each half to 1/8-inch thickness.
- ☐ Cut with 2 1/2- to 3 1/2-inch assorted star-shaped cutters; place 2 inches apart on parchment paper-lined baking sheets.
- ☐ Bake 16 to 18 minutes; cool on baking sheets on wire racks 30 minutes. Makes: 28 (3 1/2-inch) cookies or 72 (2 1/2-inch) cookies. Hands-on Time: 20 min.; Total Time: 1 hr., 38 min., including dough. Note: Position cookie cutters closely together to cut out shapes; dough will be tough if rerolled.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:7.03, Inflammation Score:-3, Nutrition Score:4.4826086016129%

Nutrients (% of daily need)

Calories: 179.67kcal (8.98%), Fat: 12.93g (19.88%), Saturated Fat: 7.68g (47.98%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.76g (3.55%), Sugar: 0.19g (0.21%), Cholesterol: 35.87mg (11.96%), Sodium: 282.03mg

(12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Calcium: 139.77mg (13.98%), Selenium: 9.74µg (13.91%), Phosphorus: 103.98mg (10.4%), Vitamin B2: 0.15mg (8.95%), Vitamin A: 405.31IU (8.11%), Vitamin B1: 0.1mg (6.98%), Folate: 27.15µg (6.79%), Zinc: 0.8mg (5.33%), Manganese: 0.09mg (4.45%), Vitamin B3: 0.76mg (3.8%), Vitamin B12: 0.22µg (3.62%), Iron: 0.63mg (3.48%), Vitamin E: 0.36mg (2.37%), Magnesium: 8.31mg (2.08%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.15mg (1.48%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.32%), Vitamin K: 1.12µg (1.06%), Vitamin B6: 0.02mg (1.06%)