

Cheese Twists

What's Cooking II

North American Institute of Modern Cuisine

Servings: 48

2 cups cheese, grated
2 cups all-purpose flour
6 tablespoons corn oil
1/4 teaspoon salt
pinch cayenne
1 cup cold water
1 egg yolk
1 tablespoon milk
paprika

Preheat the oven to 375 degrees.

In a bowl, mix the cheese, flour, corn oil, salt and cayenne. Gradually blend in the water, stirring to a soft dough.

With a rolling pin, flatten the dough into a rectangle, 1/8-inch thick. Cut into strips, 6-inch long by 1/2-inch wide. Twist.

In a small bowl, beat together the egg and milk.

Transfer the cheese twists to a greased baking sheet. Brush with the egg mixture. Sprinkle with paprika. Lightly brown in the oven for 15 to 20 minutes.

Serve hot or cold.

Per Serving (excluding unknown items): 35 Calories; 2g Fat (47.8% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 12mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	35	Vitamin B6 (mg):	trace
% Calories from Fat:	47.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	45.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	9mcg
Saturated Fat (g):	trace	Niacin (mg):	trace

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 4mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 12mg
Potassium (mg): 6mg
Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 7IU
Vitamin A (r.e.): 2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 48

Amount Per Serving

Calories 35 **Calories from Fat:** 17

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	4mg	1%
Sodium	12mg	0%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.