

Herbed Cheddar Parmesan Crisps

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/parmesan-crisps-recipe-with-egg-and-italian-seasoning>

Ingredients:

- 1/4 cup parmigiano-reggiano grated
- 1/4 cup sharp cheddar cheese grated
- 2 tablespoons flax seed meal
- 1/2 teaspoon italian seasoning
- 3 black pepper grinds of

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 70 milligrams

Thank you for visiting our website. Hope you enjoy Herbed Cheddar Parmesan Crisps above. You can see more 15 parmesan crisps recipe with egg and italian seasoning Experience culinary bliss now! to get more great cooking ideas.