AMERICAN · SNACK

Everything Parmesan Crisps

10 min · Makes 4 × 2 crisps · 100 kcal a portion · Video 4:54 · The Domestic Geek

Gluten-free ingredients · No nuts listed

Crunchy crisps made from Parmesan and seeds, with no flour and no added sugar: about 1.5 g of net carbs and 8 g of protein a serve, and a source of calcium.

Diet notes: Keto (1.4 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the parmesan (traditionally made with animal rennet).

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Ingredients 5 · MAKES 4 × 2 CRISPS

- [ ] **Parmesan**: 1 cup freshly and finely grated Parmesan cheese (about 3 oz)
- [ ] 2 tsp **sesame seeds**
- [ ] 1 tsp **poppy seeds**
- [ ] ½ tsp **dried minced garlic**
- [ ] ½ tsp **dried minced onion**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350 °F and line a baking sheet with baking paper.
2. Toss the freshly grated Parmesan with the sesame seeds, poppy seeds, dried minced garlic and dried minced onion. No extra salt is needed. 2:30
3. Spoon the mixture onto the tray in 8 mounds of about 2 tbsp each, spaced apart, and flatten them into thin, even rounds so they bake lacy rather than thick. 2:49
4. Bake for 5–6 minutes, until the cheese has melted completely and the edges are golden and crisp. 2:52
5. Let them cool on the tray for about 5 minutes so they firm up and crisp, then lift them off.

> **Tip** Use freshly grated Parmesan; the pre-grated kind in a tub does not melt into a lacy crisp. Store airtight for up to 5 days. Other versions from the video: garlic powder with Italian herbs, or cheddar, ranch seasoning and jalapeño.

The method is a summary in our words — the video shows every step.

One portion (2 crisps) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
100 kcal	8.2 g	1.8 g	0.4 g	6.8 g	310 mg
420 kJ	16% of a day	1.4 g net · 0.2 g sugars	1% of a day	3.6 g saturated	13% of a day
		1% of a day		9% of a day	

Energy from net carbs 6% · protein 33% · fat 61% — fits keto: 1.4 g net carbs, 61% of the energy from fat

Source of (10–19%) Calcium 19% · Vitamin B12 12%

Recipe and video: The Domestic Geek (@thedomesticgeek1) on YouTube — youtube.com/watch?v=eLR_t9TFpH0, published 1 November 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/everything-parmesan-crisps