



Bacon Wrapped Breadsticks

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices bacon
- 1 teaspoon ground pepper
- 2 teaspoons garlic salt
- 24 long breadsticks
- 0.5 teaspoon nutmeg freshly grated
- 1 cup parmesan grated
- 4 servings you will also need: parchment paper

Equipment

- baking sheet
- baking paper
- oven
- mixing bowl

Directions

- Preheat oven to 350Line cookie sheet with parchment paper.In a medium size mixing bowl, combine the parmesan, garlic salt, cayenne and nutmeg.GENTLY wrap each breadstick with a slice of bacon (so breadsticks dont break), then place wrapped bread sticks on a cookie sheet lined with parchment paper. If you break one, just cut bacon to fit and add to sheet. No one will care if the pieces are small.
- Bake for 15 minutes or until bacon is cooked to your liking.Next, roll the breadsticks in cheese & spices. Do this while bacon and breadsticks are still warm, then set aside and let cool. (Peter loves this part!)Can be made a day ahead and even taste great cold (hey, its bacon)!

Nutrition Facts

PROTEIN 21.5% **FAT 68.26%** **CARBS 10.24%**

Properties

Glycemic Index:42.75, Glycemic Load:2.12, Inflammation Score:-3, Nutrition Score:6.9313043478261%

Taste

Sweetness: 8.91%, Saltiness: 100%, Sourness: 8.72%, Bitterness: 12.92%, Savoriness: 46.85%, Fattiness: 73.83%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 263.68kcal (13.18%), Fat: 19.84g (30.52%), Saturated Fat: 8.59g (53.69%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.3g (2.29%), Sugar: 0.48g (0.54%), Cholesterol: 38.87mg (12.96%), Sodium: 1787.97mg (77.74%), Protein: 14.06g (28.11%), Calcium: 301.3mg (30.13%), Phosphorus: 235.17mg (23.52%), Selenium: 16.38µg (23.4%), Vitamin A: 415.91IU (8.32%), Vitamin B3: 1.6mg (7.99%), Zinc: 1.19mg (7.93%), Vitamin B12: 0.47µg (7.75%), Vitamin B1: 0.11mg (7.59%), Vitamin B2: 0.12mg (7.17%), Vitamin B6: 0.13mg (6.6%), Magnesium: 19.59mg (4.9%), Manganese: 0.09mg (4.51%), Potassium: 113.73mg (3.25%), Vitamin B5: 0.32mg (3.23%), Iron: 0.51mg (2.82%), Vitamin E: 0.35mg (2.35%), Copper: 0.05mg (2.3%), Vitamin D: 0.26µg (1.71%), Fiber: 0.4g (1.59%), Folate: 4.41µg (1.1%)