



Baked Mozzarella Sticks

 Vegetarian

READY IN



11 min.

SERVINGS



5

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs italian-style
- ☐ 0.5 cup tomatoes
- ☐ 0.3 cup milk
- ☐ 4 mozzarella string cheese sticks halved

Equipment

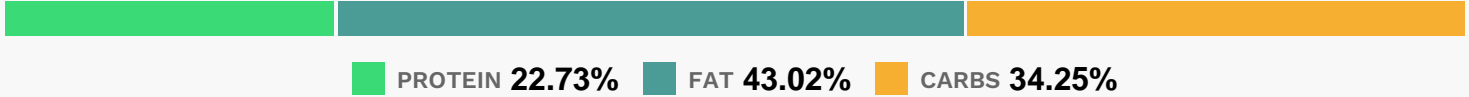
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line a small baking sheet with foil and mist lightly with cooking spray.
- ☐ Place milk and bread crumbs in separate shallow bowls.
- ☐ Dip cheese pieces in milk, rolling to moisten completely. Dredge in bread crumbs to cover entire surface and place on baking sheet. Mist with cooking spray. Freeze for 1 hour.
- ☐ Preheat oven to 400F.
- ☐ Bake mozzarella sticks until bread crumbs are browned and cheese begins to ooze, 6 to 7 minutes.
- ☐ Let stand 3 minutes.
- ☐ Microwave marinara sauce in a small bowl until warm, 20 to 30 seconds.
- ☐ Serve with mozzarella sticks.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:3.1895652024642%

Nutrients (% of daily need)

Calories: 119.92kcal (6%), Fat: 5.83g (8.97%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.59g (3.49%), Sugar: 2.13g (2.37%), Cholesterol: 13.56mg (4.52%), Sodium: 375.89mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin B1: 0.12mg (7.81%), Manganese: 0.13mg (6.3%), Calcium: 54.1mg (5.41%), Vitamin B3: 0.97mg (4.86%), Vitamin B2: 0.08mg (4.49%), Selenium: 3.1µg (4.43%), Iron: 0.76mg (4.2%), Phosphorus: 36.76mg (3.68%), Folate: 13.76µg (3.44%), Fiber: 0.85g (3.41%), Potassium: 112.23mg (3.21%), Copper: 0.06mg (2.79%), Vitamin A: 128.99IU (2.58%), Vitamin E: 0.37mg (2.45%), Magnesium: 9.78mg (2.45%), Vitamin B6: 0.04mg (2.23%), Vitamin C: 1.72mg (2.08%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.26mg (1.74%), Vitamin B12: 0.1µg (1.73%), Vitamin K: 1.44µg (1.37%)