



Breadsticks Two Ways

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 1 tablespoon pickled jalapeño peppers diced
- ☐ 1 tablespoon kalamata olives minced pitted
- ☐ 2 tablespoons cheddar cheese shredded reduced-fat
- ☐ 2 tablespoons parmesan cheese fresh grated

Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Unroll dough; cut in half crosswise.
- ☐ Sprinkle 1 dough half with cheddar cheese and peppers; press lightly into dough.
- ☐ Cut dough half in half crosswise. Separate dough into 12 strips. Twist each piece into a 6-inch-long strip; place on a baking sheet.
- ☐ Sprinkle Parmesan and olives over second half of dough; press lightly into dough.
- ☐ Cut dough half in half crosswise. Separate dough into 12 strips. Twist each piece into a 6-inch-long strip; place on a second baking sheet.
- ☐ Bake breadsticks at 375 for 12 minutes or until golden brown. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.23217390817793%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 45.41kcal (2.27%), Fat: 2.31g (3.55%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.19g (1.89%), Sugar: 0.74g (0.82%), Cholesterol: 0.41mg (0.14%), Sodium: 141.76mg (6.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Fiber: 0.26g (1.05%)