



Cajun Bread Knots

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



225 kcal

Ingredients

- 2.5 tablespoons butter melted
- 0.5 teaspoon cajun spice
- 11 oz breadsticks refrigerated canned

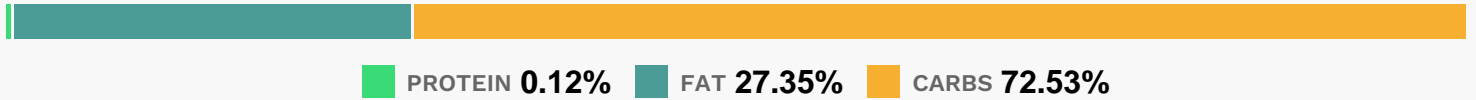
Equipment

- baking sheet
- oven

Directions

- Stir together melted butter, Cajun seasoning, and, if desired, dried thyme until blended.
- Unroll breadsticks. Separate dough portions; loosely tie each into a knot; and place, 1 inch apart, on an ungreased baking sheet.
- Brush with butter mixture.
- Bake at 350 for 15 minutes or until breadsticks are golden.
- Note: For testing purposes only, we used Colonel Paul's Cajun Seasoning.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.7086956777974%

Nutrients (% of daily need)

Calories: 224.72kcal (11.24%), Fat: 7.25g (11.15%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 39.85g (14.49%), Sugar: 1.68g (1.87%), Cholesterol: 12.54mg (4.18%), Sodium: 469.53mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Iron: 3.15mg (17.53%), Fiber: 3.38g (13.54%), Vitamin A: 227.87IU (4.56%), Vitamin E: 0.18mg (1.23%)