



Cheese Sticks with Marinara Sauce

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup breadcrumbs dry fine
- 1 egg white lightly beaten
- 0.5 teaspoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 0.3 teaspoon garlic powder
- 1 tablespoon onion chopped
- 0.5 teaspoon oregano fresh chopped

- 0.1 teaspoon pepper
- 1 tablespoon bell pepper sweet red chopped
- 0.1 teaspoon salt
- 0.1 teaspoon sugar
- 8 ounce no-salt-added tomato sauce canned

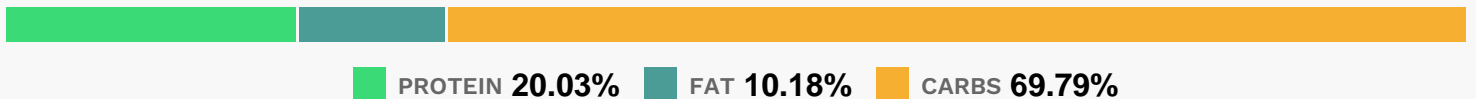
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Cut cheese crosswise into 4 (1-ounce) slices.
- Cut each slice in half lengthwise. Dip cheese sticks into egg white; dredge in breadcrumbs. Repeat coating procedure once, using remaining egg white and breadcrumbs.
- Place cheese sticks on a baking sheet coated with cooking spray. Freeze 30 minutes.
- Coat a small saucepan with cooking spray.
- Place over medium heat until hot.
- Add red pepper, parsley, and onion; saute 3 minutes or until tender. Stir in tomato sauce and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes, stirring occasionally.
- Remove from heat, and set aside.
- Remove cheese sticks from freezer, and coat with cooking spray.
- Bake at 450 for 5 minutes or until cheese begins to soften.
- Serve immediately with tomato sauce mixture.

Nutrition Facts



Properties

Glycemic Index:45.39, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:2.6065217049226%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 24.16kcal (1.21%), Fat: 0.29g (0.44%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 202.12mg (8.79%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Vitamin K: 10.13µg (9.65%), Vitamin C: 4.44mg (5.38%), Vitamin A: 209.86IU (4.2%), Manganese: 0.08mg (3.95%), Potassium: 107.87mg (3.08%), Iron: 0.55mg (3.07%), Vitamin E: 0.46mg (3.05%), Vitamin B2: 0.05mg (3.04%), Fiber: 0.73g (2.91%), Vitamin B1: 0.04mg (2.8%), Vitamin B3: 0.54mg (2.69%), Selenium: 1.81µg (2.58%), Copper: 0.05mg (2.3%), Folate: 8.25µg (2.06%), Vitamin B6: 0.04mg (2.04%), Magnesium: 7.3mg (1.82%), Phosphorus: 15.5mg (1.55%), Calcium: 14.22mg (1.42%), Vitamin B5: 0.12mg (1.23%)