



Cheesy Bones

READY IN



20 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz breadsticks refrigerated soft
- 0.3 cup parmesan cheese grated kraft
- 1 Tbsp pepper sauce hot
- 0.5 cup classic ranch dressing kraft

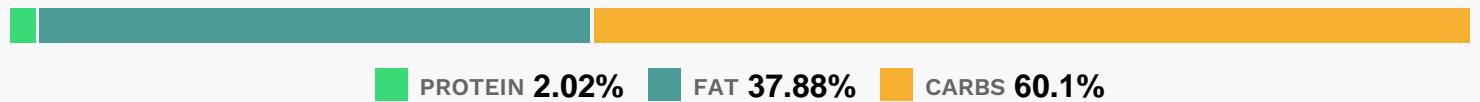
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Spray baking sheet with cooking spray.
- Place cheese in pie plate.
- Separate breadsticks; cut each crosswise in half. Working with one piece at a time, stretch each to 5-inch length; tie knot at each end.
- Roll in cheese until evenly coated on all sides.
- Place, 2 inches apart, on prepared baking sheet.
- Bake 8 to 10 min. until golden brown. Meanwhile, mix dressing and hot sauce until blended.
- Cool breadsticks slightly.
- Serve with dressing mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1369565138188%

Nutrients (% of daily need)

Calories: 85.86kcal (4.29%), Fat: 3.77g (5.8%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 12.46g (4.53%), Sugar: 0.79g (0.88%), Cholesterol: 2.65mg (0.88%), Sodium: 222.69mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin K: 8.08µg (7.69%), Iron: 0.96mg (5.35%), Fiber: 1g (4%), Phosphorus: 19.16mg (1.92%), Calcium: 12.78mg (1.28%)