



Chive-and-Garlic Knots

READY IN



45 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons green onions fresh chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1.5 tablespoons stick margarine

Equipment

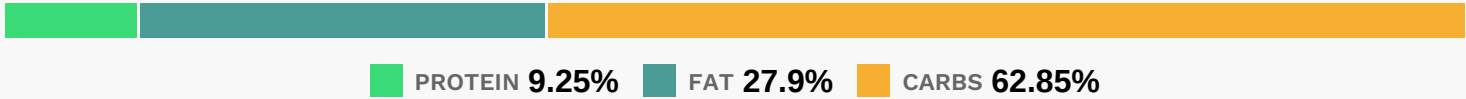
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a small skillet over medium heat.
- ☐ Add minced garlic; saut 30 seconds or until lightly browned.
- ☐ Remove from heat; stir in garlic powder.
- ☐ Unroll the French bread dough onto a lightly floured surface; brush dough with garlic mixture.
- ☐ Sprinkle the dough with chives and cheese.
- ☐ Cut the dough crosswise into 12 strips. Shape each strip into a knot.
- ☐ Place the knots onto a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 17 minutes or until lightly browned.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.49826087179067%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 84.31kcal (4.22%), Fat: 2.49g (3.83%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 12.08g (4.39%), Sugar: 0.02g (0.02%), Cholesterol: 0.73mg (0.24%), Sodium: 154.41mg (6.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Fiber: 0.54g (2.16%), Vitamin A: 95.13IU (1.9%), Vitamin K: 1.09µg (1.04%)