



Cinnamon Breadsticks

 Vegetarian

READY IN



22 min.

SERVINGS



12

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 tablespoons butter light melted
- ☐ 3 tablespoons sugar

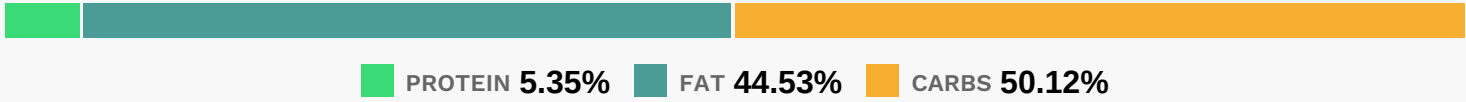
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine sugar and cinnamon in a small bowl; set aside.
- ☐ Unroll dough, separating along perforations into 12 breadsticks.
- ☐ Brush both sides of breadsticks with melted butter.
- ☐ Sprinkle evenly with sugar mixture. Twist each breadstick about 3 times, and place on a large baking sheet coated with cooking spray.
- ☐ Bake at 375 for 12 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:2.1, Inflammation Score:-1, Nutrition Score:0.32130435546455%

Nutrients (% of daily need)

Calories: 108.01kcal (5.4%), Fat: 5.51g (8.47%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.35g (4.85%), Sugar: 4.4g (4.89%), Cholesterol: 2.47mg (0.82%), Sodium: 253.49mg (11.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Fiber: 0.6g (2.4%), Manganese: 0.04mg (2.19%)