



## Cornmeal Cheese Twists

READY IN



45 min.

SERVINGS



24

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 ounces asiago cheese grated
- ☐ 4 large egg whites
- ☐ 44 ounce breadsticks refrigerated soft canned (such as Pillsbury)
- ☐ 1 teaspoon paprika
- ☐ 4 ounces parmesan cheese fresh grated
- ☐ 0.3 cup water
- ☐ 1 cup cornmeal yellow

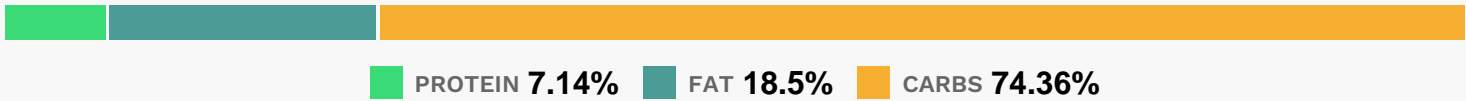
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 37
- ☐ Combine water and egg whites in a shallow bowl.
- ☐ Combine cornmeal, cheeses, and paprika in a shallow bowl. Coat 2 baking sheets with cooking spray.
- ☐ Unroll breadstick dough, separating into strips.
- ☐ Roll each piece into a 7-inch-long strip. Dip 2 strips in egg white mixture, and dredge in cornmeal mixture. Twist strips together, pinching ends to seal; place on baking sheet. Repeat procedure with the remaining dough strips, egg white mixture, and cornmeal mixture.
- ☐ Bake at 375 for 15 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:5.73, Glycemic Load:2.97, Inflammation Score:-1, Nutrition Score:3.7404347457316%

## Nutrients (% of daily need)

Calories: 248.01kcal (12.4%), Fat: 5.35g (8.22%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 48.36g (16.12%), Net Carbohydrates: 44.38g (16.14%), Sugar: 1.89g (2.1%), Cholesterol: 6.43mg (2.14%), Sodium: 592.87mg (25.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Iron: 3.42mg (18.98%), Fiber: 3.98g (15.91%), Calcium: 112.93mg (11.29%), Phosphorus: 81.57mg (8.16%), Selenium: 3.63µg (5.18%), Vitamin B2: 0.06mg (3.69%), Zinc: 0.47mg (3.14%), Magnesium: 12.02mg (3.01%), Vitamin B6: 0.05mg (2.49%), Manganese: 0.05mg (2.31%), Vitamin A: 114.85IU (2.3%), Vitamin B12: 0.12µg (1.97%), Vitamin B1: 0.02mg (1.6%), Potassium: 40.89mg (1.17%), Copper: 0.02mg (1.07%), Vitamin B3: 0.2mg (1.02%)