



Crisp-and-Spicy Cheese Twists

READY IN



45 min.

SERVINGS



16

CALORIES



51 kcal

Ingredients

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 10 ounce pizza crust dough refrigerated canned

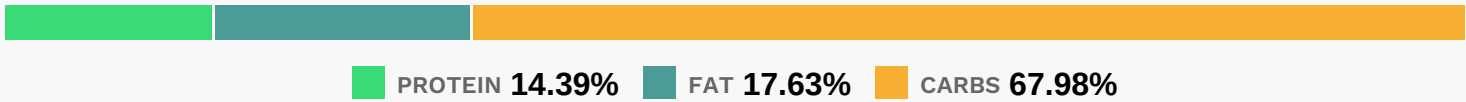
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 3 ingredients in a small bowl; stir well, and set aside.
- ☐ Unroll pizza dough, and roll into an 8 x 12-inch rectangle. Lightly coat surface of dough with cooking spray, and sprinkle with 2 tablespoons cheese mixture. Fold the dough in half to form a 6 x 8-inch rectangle.
- ☐ Roll dough into a 12 x 8-inch rectangle. Lightly coat surface of dough with cooking spray, and sprinkle with remaining cheese mixture. Using fingertips, press cheese mixture into dough.
- ☐ Cut the dough into 16 (8-inch-long) strips. Gently pick up both ends of each strip, and twist dough.
- ☐ Place the twisted strips of dough 1/2 inch apart on a large baking sheet coated with cooking spray.
- ☐ Bake at 425 for 8 minutes or until lightly browned.
- ☐ Remove from pan, and let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.51565216789427%

Nutrients (% of daily need)

Calories: 50.57kcal (2.53%), Fat: 1.01g (1.55%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.41g (3.06%), Sugar: 1.11g (1.24%), Cholesterol: 1.36mg (0.45%), Sodium: 155.54mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Iron: 0.51mg (2.85%), Vitamin A: 81.58IU (1.63%), Calcium: 14.12mg (1.41%), Fiber: 0.31g (1.25%), Phosphorus: 10.34mg (1.03%)