



Crispy Sticks

READY IN



10 min.

SERVINGS



10

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce bread loaves french halved lengthwise
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 0.3 teaspoon salt

Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 6 ingredients.
- ☐ Cut bread halves into 1/2-inch-thick slices.
- ☐ Place on baking sheets.
- ☐ Brush with oil mixture, and sprinkle with cheese.
- ☐ Bake at 425 for 7 to 10 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:13.7, Inflammation Score:-3, Nutrition Score:5.1200000520634%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.85kcal (6.14%), Fat: 3.65g (5.61%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 17.22g (6.26%), Sugar: 1.6g (1.78%), Cholesterol: 1.7mg (0.57%), Sodium: 303.42mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin B1: 0.24mg (16.28%), Selenium: 10.38µg (14.83%), Folate: 42.87µg (10.72%), Manganese: 0.2mg (9.89%), Vitamin B2: 0.16mg (9.12%), Vitamin B3: 1.66mg (8.29%), Iron: 1.42mg (7.87%), Vitamin K: 8.23µg (7.84%), Phosphorus: 54.43mg (5.44%), Calcium: 49.84mg (4.98%), Fiber: 0.82g (3.26%), Magnesium: 12.61mg (3.15%), Zinc: 0.44mg (2.91%), Copper: 0.06mg (2.81%), Vitamin E: 0.39mg (2.61%), Vitamin B6: 0.05mg (2.36%), Potassium: 48.76mg (1.39%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 59.4IU (1.19%)