



Easy Cheese Sticks

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



30

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb mozzarella cheese cut into 3x1/2-inch sticks
- ☐ 1 serving vegetable oil
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup milk
- ☐ 1 eggs
- ☐ 1 serving tomatoes
- ☐ 1 cup frangelico

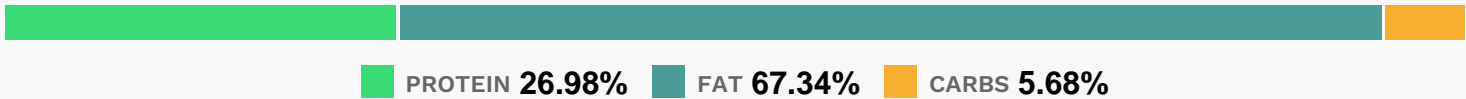
Equipment

- ☐ paper towels
- ☐ deep fryer

Directions

- ☐ Place cheese sticks on tray; freeze at least 1 hour.
- ☐ Heat 2 inches of oil to 375°F in large heavy saucapan or follow manufacturer's direction on deep fryer. Beat Bisquick mix, paprika, milk and egg until smooth. Dip cheese, 1 stick at a time, into batter, covering cheese completely.
- ☐ Fry 8 to 10 sticks at a time 1 to 2 minutes, turning carefully, until golden brown.
- ☐ Drain on paper towels.
- ☐ Let stand 5 minutes before serving.
- ☐ Serve with marinara sauce.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.0034782420034%

Nutrients (% of daily need)

Calories: 55.19kcal (2.76%), Fat: 4.14g (6.36%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.51g (0.57%), Cholesterol: 17.89mg (5.96%), Sodium: 117.83mg (5.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Calcium: 82.9mg (8.29%), Vitamin B12: 0.38µg (6.33%), Phosphorus: 61.85mg (6.18%), Selenium: 3.13µg (4.47%), Vitamin B2: 0.06mg (3.45%), Vitamin A: 167.23IU (3.34%), Zinc: 0.49mg (3.26%), Vitamin K: 1.39µg (1.32%), Magnesium: 4.42mg (1.1%), Vitamin E: 0.16mg (1.08%)