



## Easy Parmesan Knots

READY IN



45 min.

SERVINGS



10

CALORIES



181 kcal

SIDE DISH

### Ingredients

- 12 ounces biscuits refrigerated
- 0.3 cup canola oil
- 1 teaspoon parsley dried
- 0.5 teaspoon garlic powder
- 1 teaspoon oregano dried
- 3 tablespoons parmesan cheese green grated canned (I did use the can stuff)

### Equipment

- bowl

baking sheet

oven

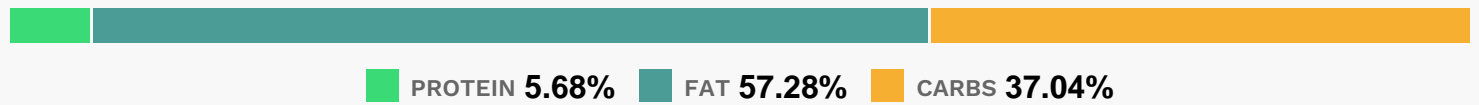
## Directions

Roll each biscuit into a 12-in. rope and tie into a knot; tuck ends under.

Place 2 in. apart on a greased baking sheet.

Bake at 400 for 8–10 minutes or until golden brown. In a large bowl, combine the remaining ingredients; brush the warm knots with the mixture.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:10.44, Inflammation Score:-3, Nutrition Score:4.3673913043478%

## Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 181.05kcal (9.05%), Fat: 11.64g (17.91%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 16.39g (5.96%), Sugar: 1.2g (1.33%), Cholesterol: 1.65mg (0.55%), Sodium: 346.9mg (15.08%), Protein: 2.6g (5.2%), Phosphorus: 156.75mg (15.68%), Selenium: 6.97µg (9.95%), Vitamin E: 1.48mg (9.83%), Vitamin B1: 0.15mg (9.78%), Manganese: 0.15mg (7.35%), Iron: 1.21mg (6.74%), Vitamin K: 6.79µg (6.47%), Vitamin B2: 0.11mg (6.24%), Folate: 24.47µg (6.12%), Vitamin B3: 1.15mg (5.76%), Calcium: 33.36mg (3.34%), Potassium: 83.54mg (2.39%), Fiber: 0.54g (2.17%), Magnesium: 7mg (1.75%), Zinc: 0.24mg (1.59%), Copper: 0.03mg (1.55%), Vitamin B12: 0.07µg (1.13%), Vitamin B5: 0.11mg (1.1%), Vitamin B6: 0.02mg (1.09%)