



Fennel-and-Garlic Breadsticks

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 ounce breadstick dough refrigerated canned
- 1 teaspoon fennel seeds
- 2 garlic cloves minced
- 0.3 teaspoon coarsely ground pepper
- 1 teaspoon olive oil extra-virgin

Equipment

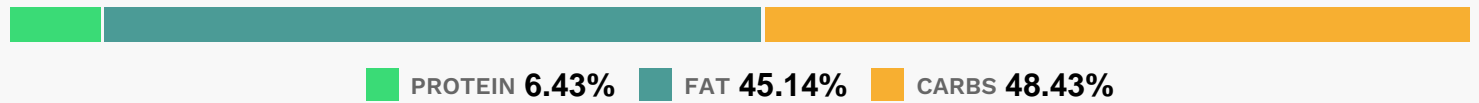
- frying pan
- baking sheet

oven

Directions

- Preheat oven to 35
- Heat oil in a small nonstick skillet over medium heat.
- Add fennel, pepper, and garlic; saut 1 minute.
- Remove from heat, and set aside.
- Unroll breadstick dough (do not separate into breadsticks). Beginning at center of dough, spread fennel mixture over half of short end of dough, pressing gently. Fold other half of dough over fennel mixture, pinching ends together to seal.
- Cut dough along perforations to form 8 breadsticks. Twist each folded breadstick, and place on a baking sheet coated with cooking spray.
- Bake breadsticks at 350 for 18 minutes or until breadsticks are golden.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.08, Inflammation Score:1, Nutrition Score:0.41739130149717%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 132.85kcal (6.64%), Fat: 6.86g (10.55%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 15.72g (5.72%), Sugar: 2.11g (2.35%), Cholesterol: 0mg (0%), Sodium: 379.26mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Fiber: 0.83g (3.33%), Manganese: 0.04mg (1.84%)