



Garlic-Cheese Breadsticks

READY IN



15 min.

SERVINGS



15

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon garlic powder
- 11 ounce breadsticks refrigerated soft canned
- 0.3 cup parmesan cheese grated

Equipment

Directions

- Combine 1/4 cup grated Parmesan cheese and 1/4 teaspoon garlic powder. Prepare 1 (11-ounce) can refrigerated soft breadsticks according to package directions, pressing each stick into cheese mixture before baking.

Nutrition Facts



■ PROTEIN 2.36% ■ FAT 15.48% ■ CARBS 82.16%

Properties

Glycemic Index:0.33, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.78478260880903%

Nutrients (% of daily need)

Calories: 80.15kcal (4.01%), Fat: 1.46g (2.25%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 16.16g (5.88%), Sugar: 0.67g (0.74%), Cholesterol: 1.45mg (0.48%), Sodium: 201.96mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Iron: 1.26mg (6.99%), Fiber: 1.34g (5.34%), Calcium: 14.77mg (1.48%), Phosphorus: 10.77mg (1.08%)