



Garlic Herb Bread Twists

READY IN



180 min.

SERVINGS



18

CALORIES



165 kcal

Ingredients

- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup olive oil
- ☐ 2 oz parmigiano-reggiano divided grated
- ☐ 1 tablespoon rosemary finely chopped
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 2 pounds use) store-bought

Equipment

- ☐ bowl

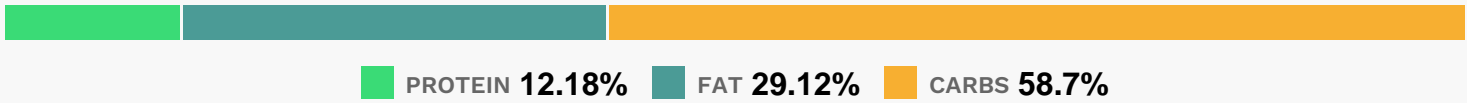
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ kitchen towels
- ☐ rolling pin

Directions

- ☐ Preheat oven to 400°F with racks in upper and lower thirds. Lightly oil 2 large (17- by 13-inch) baking sheets.
- ☐ Stir together rosemary, thyme, 1/4 cup cheese, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a small bowl. Stir together oil, garlic, and 1/4 teaspoon each of salt and pepper in another bowl.
- ☐ Divide dough in half. Keeping half of dough covered with a kitchen towel (not terry cloth), gently roll out other half into a 15-by 10-inch rectangle on a lightly floured surface with a lightly floured rolling pin. (Use your hands to pull corners. If dough is very elastic, cover with towel and let rest about 3 minutes.)
- ☐ Sprinkle one half of dough (crosswise) with half of herb mixture, then fold dough in half crosswise and roll lightly to form a roughly 10- by 8-inch rectangle.
- ☐ Cut lengthwise into 9 strips (less than 1 inch wide) with a pizza wheel or a sharp heavy knife. Keeping remaining strips covered with a kitchen towel, twist each strip from both ends and place on baking sheet, arranging twists 1 inch apart.
- ☐ Brush with 1 tablespoon garlic oil and let stand while forming remaining bread twists.
- ☐ Roll out and form more bread twists with remaining dough and herb mixture, then arrange on other sheet.
- ☐ Brush with 1 tablespoon garlic oil and let stand 5 minutes.
- ☐ Bake bread twists, switching position of sheets halfway through, until golden, 20 to 25 minutes total.
- ☐ Meanwhile, stir together parsley and remaining 3/4 cup cheese in a shallow baking pan.
- ☐ Immediately after baking, brush bread twists with remaining garlic oil, then roll in parsley and cheese until coated.
- ☐ Serve warm or at room temperature.

Bread twists can be baked, but not coated, 2 hours ahead. Reheat on a large baking sheet in a 350°F oven until hot, 3 to 5 minutes, then brush with garlic oil and roll in parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:2.1265216939475%

Flavonoids

Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 164.66kcal (8.23%), Fat: 5.41g (8.32%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 23.63g (8.59%), Sugar: 3.16g (3.51%), Cholesterol: 2.14mg (0.71%), Sodium: 415.55mg (18.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin K: 15.53µg (14.79%), Iron: 1.56mg (8.69%), Calcium: 42.38mg (4.24%), Fiber: 0.9g (3.58%), Vitamin E: 0.45mg (2.97%), Vitamin C: 1.95mg (2.37%), Phosphorus: 23.6mg (2.36%), Vitamin A: 116.8IU (2.34%), Selenium: 0.79µg (1.12%)