



Garlic-Herb Cheese Twists

READY IN



15 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 Tbsp butter melted
- 1 tsp basil leaves dried
- 1 tsp garlic powder
- 0.3 cup italian* five cheese shredded with a touch of philadelphia kraft
- 2 Tbsp parmesan cheese grated kraft
- 8 oz crescent dinner rolls refrigerated canned

Equipment

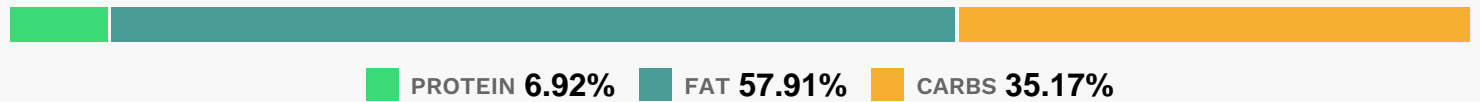
- baking sheet

- oven
- cutting board

Directions

- Heat oven to 375F.
- Unroll dough on cutting board; cut lengthwise into 4 strips.
- Cut each strip lengthwise in half. (You will have a total of 8 strips.)
- Place strips, 1 inch apart, on parchment-covered rimmed baking sheet. Hold both ends of 1 strip, then turn ends in opposite directions to form twist. Repeat with remaining dough strips.
- Brush with butter; sprinkle with remaining ingredients.
- Bake 9 to 10 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.72695652112041%

Nutrients (% of daily need)

Calories: 130.14kcal (6.51%), Fat: 8.77g (13.49%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.88g (4.32%), Sugar: 2.85g (3.17%), Cholesterol: 5.6mg (1.87%), Sodium: 262.85mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Iron: 0.54mg (3.01%), Vitamin K: 3.15µg (3%), Calcium: 22.7mg (2.27%), Vitamin A: 56.47IU (1.13%), Manganese: 0.02mg (1.1%), Phosphorus: 10.43mg (1.04%)