

Garlic Knots

 Gluten Free

READY IN



60 min.

SERVINGS



60

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 garlic clove
- ☐ 2 tablespoons olive oil for greasing pan
- ☐ 0.5 cup parmesan finely grated
- ☐ 2 lb pizza dough frozen thawed
- ☐ 0.5 teaspoon salt

Equipment

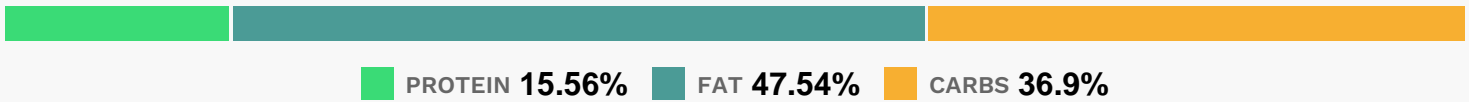
- ☐ bowl

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

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 400°F. Lightly oil 2 large (17- by 13-inch) baking sheets.
- ☐ Divide dough in half. Keep half of dough covered with a clean kitchen towel (not terry cloth). Gently roll out other half into a 10-inch square on a lightly floured surface with a lightly floured rolling pin. (Use your hands to pull corners. If dough is very elastic, cover with a clean kitchen towel and let rest about 3 minutes.)
- ☐ Cut square in half with a pizza wheel or a sharp heavy knife, then cut each half crosswise into 15 strips (about 2/3 inch wide). Cover strips with a clean kitchen towel.
- ☐ Keeping remaining strips covered, gently tie each strip into a knot, pulling ends slightly to secure (if dough is sticky, dust lightly with flour) and arranging knots 1 inch apart in staggered rows on 1 baking sheet. Keep knots covered with clean kitchen towels.
- ☐ Roll out and cut remaining dough, then form into knots, arranging 1 inch apart in staggered rows on second baking sheet.
- ☐ Bake, switching position of sheets halfway through baking, until golden, 20 to 25 minutes total.
- ☐ While knots bake, mince garlic and mash to a paste with salt, then stir together with oil in a very large bowl. Immediately after baking, toss knots in garlic oil, then sprinkle with parsley and cheese and toss to coat.
- ☐ Serve warm or at room temperature.
- ☐ Knots can be baked, but not coated, 2 hours ahead. Reheat knots on a large baking sheet in a preheated 350°F oven until hot, 3 to 5 minutes, then toss with garlic oil and sprinkle with parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.687391317328%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.01kcal (2.4%), Fat: 2.54g (3.91%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.1g (1.49%), Sugar: 0.55g (0.61%), Cholesterol: 2.68mg (0.89%), Sodium: 100.37mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Selenium: 3.45µg (4.92%), Calcium: 37.13mg (3.71%), Phosphorus: 32.96mg (3.3%), Vitamin B2: 0.04mg (2.46%), Vitamin K: 2.39µg (2.27%), Manganese: 0.05mg (2.26%), Vitamin B1: 0.03mg (2.16%), Vitamin B12: 0.13µg (2.13%), Iron: 0.36mg (1.99%), Copper: 0.03mg (1.74%), Vitamin B3: 0.34mg (1.68%), Zinc: 0.22mg (1.49%), Vitamin E: 0.22mg (1.48%), Folate: 5.91µg (1.48%), Fiber: 0.34g (1.34%), Vitamin A: 63.84IU (1.28%)