



## Garlic Knots

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



324 kcal

SIDE DISH

### Ingredients

- 1 eggs
- 10 servings flour all-purpose
- 2 tablespoons parsley fresh chopped
- 2 tablespoons garlic minced
- 0.5 cup pizza cheese shredded italian
- 17.3 ounce puff pastry thawed pepperidge farm®
- 1 tablespoon water

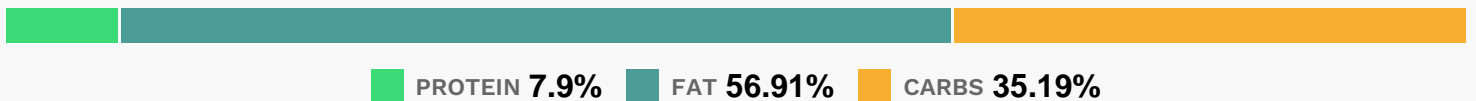
### Equipment

- bowl
- baking sheet
- oven
- rolling pin

## Directions

- Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork.
- Sprinkle the flour on the work surface. Unfold the pastry sheet on the work surface.
- Roll the pastry sheet into a 10-inch square.
- Brush the bottom half of the pastry sheet with the egg mixture.
- Sprinkle half the garlic, parsley and cheese on the bottom half of the pastry sheet. Fold the pastry in half over the garlic mixture.
- Brush the pastry with the egg mixture.
- Sprinkle the remaining garlic, parsley and cheese on the pastry.
- Roll the pastry lightly with a rolling pin.
- Cut the pastry into 20 (about 1/2-inch-wide) strips. Tie each strip into a "knot".
- Place the pastries onto 2 baking sheets.
- Bake for 20 minutes or until the pastries are golden brown.
- Let the pastries cool on the baking sheets on wire racks for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:19.3, Glycemic Load:16.27, Inflammation Score:-3, Nutrition Score:6.7991304475328%

## Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 324.48kcal (16.22%), Fat: 20.59g (31.68%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 27.65g (10.06%), Sugar: 0.42g (0.47%), Cholesterol: 17.49mg (5.83%), Sodium: 139.95mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Selenium: 15.99µg (22.84%), Vitamin K: 21.08µg (20.08%), Vitamin B1: 0.26mg (17.31%), Manganese: 0.32mg (15.99%), Folate: 55.31µg (13.83%), Vitamin B3: 2.51mg (12.56%), Vitamin B2: 0.2mg (11.68%), Iron: 1.76mg (9.76%), Phosphorus: 49.15mg (4.92%), Fiber: 1g (3.99%), Copper: 0.08mg (3.8%), Magnesium: 10.84mg (2.71%), Zinc: 0.4mg (2.64%), Calcium: 23.74mg (2.37%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.04mg (2.08%), Vitamin C: 1.56mg (1.89%), Vitamin A: 91.79IU (1.84%), Potassium: 54.86mg (1.57%), Vitamin B5: 0.11mg (1.13%)