

# Great Garlic Knots

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



90 kcal

SIDE DISH

## Ingredients

- 11 ounce breadstick dough refrigerated
- 1 eggs lightly beaten
- 1 tablespoon rosemary fresh chopped
- 1 teaspoon garlic powder

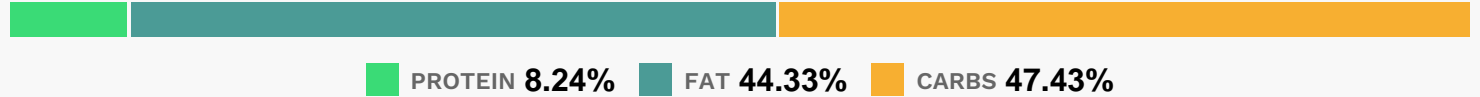
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Tie the dough into 12 knots and place them onto a cookie sheet.
- Brush the knots with the egg, and sprinkle the rosemary and garlic onto the knots.
- Bake the knots according to the package directions.

## Nutrition Facts



## Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.49565217271447%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## Nutrients (% of daily need)

Calories: 90.49kcal (4.52%), Fat: 4.57g (7.03%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 10.49g (3.81%), Sugar: 1.42g (1.58%), Cholesterol: 13.64mg (4.55%), Sodium: 257.99mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Fiber: 0.51g (2.06%), Selenium: 1.19µg (1.69%), Vitamin B2: 0.02mg (1.02%)