



Heart Breadsticks

READY IN



28 min.

SERVINGS



28

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 oz breadsticks refrigerated soft canned
- 2 Tbsp parmesan cheese grated kraft
- 0.5 tsp thyme leaves dried crushed

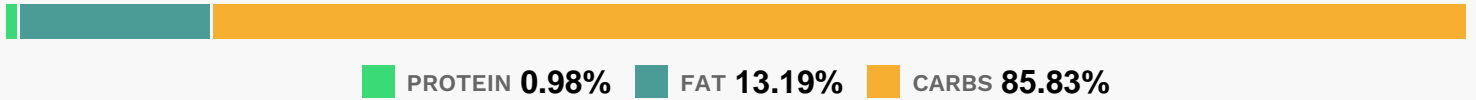
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Separate breadstick dough into 12 pieces. Twist 2 pieces together; form into heart shape on baking sheet. Repeat with remaining dough pieces to make a total of 6 hearts.
- Sprinkle evenly with cheese and thyme.
- Bake 15 to 18 min. or until lightly browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:1.61, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.34260869131464%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 40.61kcal (2.03%), Fat: 0.63g (0.98%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.58g (3.12%), Sugar: 0.36g (0.4%), Cholesterol: 0.31mg (0.1%), Sodium: 98.8mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Iron: 0.67mg (3.74%), Fiber: 0.71g (2.86%)