



## Herb And Garlic Breadsticks

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon garlic powder
- 1.5 teaspoons penzey's southwest seasoning dried italian
- 2 tablespoons olive oil extra-virgin
- 8 ounce sourdough bread

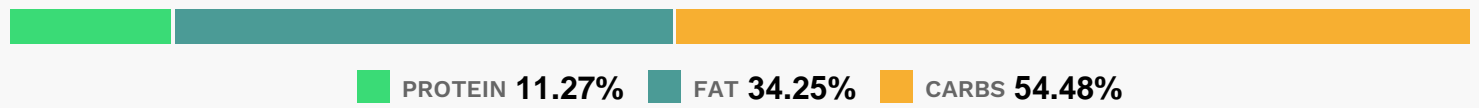
### Equipment

- bowl
- baking sheet
- broiler

## Directions

- Preheat broiler.
- Slice bread in half lengthwise. Slice each half into 8 long sticks.
- Combine olive oil, Italian seasoning, and garlic powder in a small bowl.
- Brush breadsticks evenly with oil mixture; place on a baking sheet.
- Broil 1 to 2 minutes or until lightly browned.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.31, Glycemic Load:11.35, Inflammation Score:-2, Nutrition Score:3.9826086608126%

## Nutrients (% of daily need)

Calories: 109.35kcal (5.47%), Fat: 4.2g (6.47%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 14.25g (5.18%), Sugar: 1.33g (1.47%), Cholesterol: 0mg (0%), Sodium: 170.88mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin B1: 0.2mg (13.49%), Selenium: 8.15µg (11.64%), Folate: 35.8µg (8.95%), Manganese: 0.17mg (8.41%), Vitamin B2: 0.12mg (7.24%), Iron: 1.27mg (7.06%), Vitamin B3: 1.38mg (6.92%), Vitamin K: 4.64µg (4.42%), Vitamin E: 0.63mg (4.22%), Fiber: 0.79g (3.17%), Phosphorus: 30.71mg (3.07%), Magnesium: 10.16mg (2.54%), Copper: 0.05mg (2.3%), Calcium: 20.84mg (2.08%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.79%), Potassium: 39.05mg (1.12%)