



Herbed Breadsticks



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon basil dried
- ☐ 8 ounce bread french
- ☐ 1 garlic clove halved
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.1 teaspoon salt

Equipment

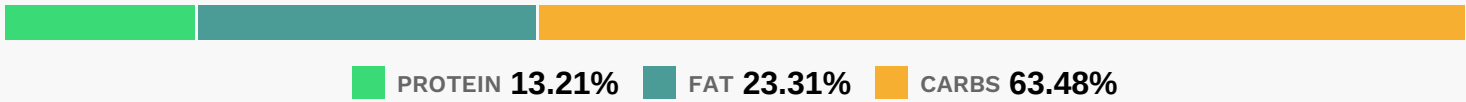
- ☐ baking sheet

☐ oven

Directions

- ☐ Cut bread in half crosswise, and cut each piece in half horizontally.
- ☐ Brush oil evenly over cut sides of bread; rub with garlic.
- ☐ Sprinkle oregano, basil, and salt over bread.
- ☐ Cut each piece of bread lengthwise into 3 sticks.
- ☐ Place breadsticks on a baking sheet; bake at 300 for 25 minutes or until crisp.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:7.59, Inflammation Score:-2, Nutrition Score:2.5982608936079%

Nutrients (% of daily need)

Calories: 62.57kcal (3.13%), Fat: 1.63g (2.51%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 9.51g (3.46%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 138.14mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin B1: 0.14mg (9%), Selenium: 5.45µg (7.78%), Folate: 23.74µg (5.94%), Manganese: 0.12mg (5.78%), Vitamin B2: 0.08mg (4.85%), Iron: 0.85mg (4.73%), Vitamin B3: 0.92mg (4.61%), Vitamin K: 2.69µg (2.56%), Phosphorus: 20.58mg (2.06%), Fiber: 0.5g (1.99%), Magnesium: 6.89mg (1.72%), Vitamin E: 0.24mg (1.58%), Copper: 0.03mg (1.58%), Zinc: 0.21mg (1.38%), Calcium: 13.7mg (1.37%), Vitamin B6: 0.03mg (1.27%)