



How to Make Cheese Sticks

READY IN



60 min.

SERVINGS



9

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 teaspoons olive oil drained canned (preferably from a tin of anchovies)
- ☐ 5 tablespoons freshly parmigiano-reggiano cheese shredded divided
- ☐ 17.5 ounce puff pastry frozen
- ☐ 1 pinch salt and pepper black freshly ground to taste
- ☐ 0.3 cup sharp cheddar cheese shredded white

Equipment

- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ pizza cutter

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
- ☐ Place a sheet of frozen puff pastry dough onto a floured work surface and allow dough to thaw just until it can be unfolded. Unfold dough into a flat sheet; brush top of puff pastry dough with olive oil. Season with salt, black pepper, and cayenne pepper.
- ☐ Sprinkle white Cheddar cheese and 1/4 cup Parmigiano-Reggiano cheese onto the dough, covering the surface. Top with a piece of plastic wrap; press cheese and seasonings firmly into the dough with your fingers or by laying a sheet pan onto the dough over the plastic and pressing it down.
- ☐ Remove plastic and use a pizza cutter or sharp knife to cut the dough down the seam lines into thirds; cut each third lengthwise into thirds for a total of 9 breadsticks.
- ☐ Pick up a dough strip, place it seasoned side down on the work surface, and twist from both ends 8 or 9 times to make a rolled tube of dough with the seasoned side out.
- ☐ Place breadsticks onto prepared baking sheet.
- ☐ Sprinkle remaining 1 tablespoon Parmigiano-Reggiano cheese over the sticks.
- ☐ Roll the sticks lightly to even up their shapes and pick up and press any dropped cheese onto the surfaces.
- ☐ Bake in the preheated oven for about 10 minutes; flip and continue baking until breadsticks are browned and crisp, 10 to 20 more minutes. If you pick up a stick by one end and it droops, bake for several more minutes. Cool on a wire rack before serving.

Nutrition Facts



 PROTEIN **6.84%**  FAT **63.37%**  CARBS **29.79%**

Properties

Glycemic Index:19.33, Glycemic Load:13.51, Inflammation Score:-2, Nutrition Score:5.7739130275567%

Nutrients (% of daily need)

Calories: 335.35kcal (16.77%), Fat: 23.68g (36.43%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 24.21g (8.8%), Sugar: 0.44g (0.49%), Cholesterol: 5.03mg (1.68%), Sodium: 202.31mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Selenium: 14.85µg (21.22%), Vitamin B1: 0.22mg (14.76%), Manganese: 0.27mg (13.58%), Vitamin B3: 2.31mg (11.54%), Folate: 43.86µg (10.97%), Vitamin B2: 0.18mg (10.54%), Vitamin K: 9.56µg (9.1%), Iron: 1.45mg (8.03%), Phosphorus: 66.78mg (6.68%), Calcium: 60.67mg (6.07%), Fiber: 0.83g (3.33%), Copper: 0.06mg (3.25%), Zinc: 0.48mg (3.23%), Vitamin E: 0.46mg (3.06%), Magnesium: 10.93mg (2.73%), Vitamin A: 58.38IU (1.17%), Potassium: 38.98mg (1.11%), Vitamin B12: 0.07µg (1.11%)