



Italian Garlic Parmesan Breadsticks

READY IN



45 min.

SERVINGS



30

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 teaspoons yeast dry
- 0.5 cup butter melted
- 4 tablespoons canola oil divided
- 2 tablespoons parsley dried
- 4 cups flour all-purpose
- 1.5 teaspoons garlic powder
- 3 tablespoons parmesan cheese grated
- 0.3 teaspoon salt
- 1 tablespoon sugar

1.5 cups water (110° to 115°)

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, dissolve yeast in warm water.

Add 1 tablespoon oil, sugar, salt and 3 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky). Cover and let rest for 10 minutes.

On a lightly floured surface, roll dough into a 15-in. square.

Cut in half lengthwise; cut each half widthwise into 1-in. strips.

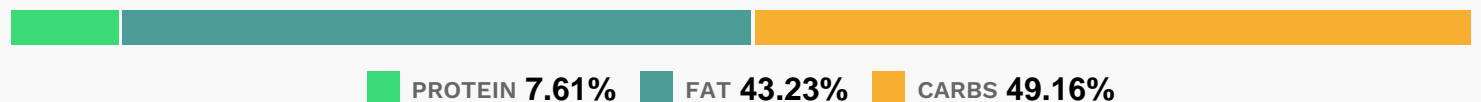
In a shallow bowl, combine the butter, cheese, parsley, garlic powder and remaining oil. Dip each strip into butter mixture, then twist two to three times.

Place 1 in. apart on greased baking sheets.

Bake at 350° for 18–21 minutes or until golden brown.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:9.49, Inflammation Score:-3, Nutrition Score:3.1760869779341%

Flavonoids

Apigenin: 6mg, Apigenin: 6mg, Apigenin: 6mg, Apigenin: 6mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg

Nutrients (% of daily need)

Calories: 109.84kcal (5.49%), Fat: 5.27g (8.11%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 12.9g (4.69%), Sugar: 0.46g (0.51%), Cholesterol: 8.57mg (2.86%), Sodium: 54.24mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin B1: 0.17mg (11.09%), Folate: 38.23µg

(9.56%), Selenium: 5.94µg (8.49%), Manganese: 0.13mg (6.48%), Vitamin B2: 0.1mg (5.96%), Vitamin B3: 1.13mg (5.63%), Iron: 0.82mg (4.56%), Vitamin K: 3.47µg (3.3%), Vitamin E: 0.44mg (2.93%), Phosphorus: 25.26mg (2.53%), Fiber: 0.58g (2.33%), Vitamin A: 101.46IU (2.03%), Copper: 0.03mg (1.47%), Vitamin B5: 0.12mg (1.23%), Magnesium: 4.85mg (1.21%), Zinc: 0.18mg (1.2%)