



Italian Herb Breadsticks

READY IN



45 min.

SERVINGS



24

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound bread dough frozen thawed
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon garlic powder
- ☐ 2.5 teaspoons penzey's southwest seasoning italian
- ☐ 1 tablespoon kosher salt
- ☐ 4 tablespoons parmesan cheese grated

Equipment

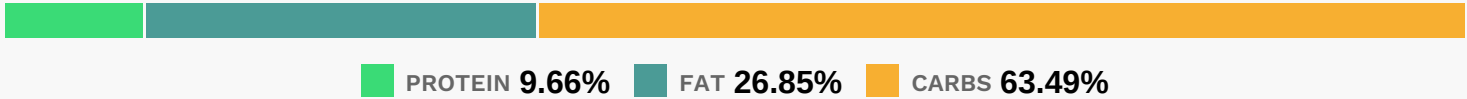
- ☐ baking sheet

- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Combine first 3 ingredients.
- ☐ Cut dough into 24 pieces.
- ☐ Roll each piece into a 12-inch rope.
- ☐ Sprinkle evenly with Parmesan mixture.
- ☐ Place ropes, 1 inch apart, on lightly greased baking sheets. Cover with plastic wrap, and let rise at room temperature for 20 minutes.
- ☐ Bake at 350 for 15 minutes or until golden.
- ☐ Brush breadsticks with melted butter, and sprinkle with kosher salt. Cool on wire racks for 10 minutes.
- ☐ *Kosher salt has a coarser texture than regular iodized salt. It can be found near other salts in the supermarket. 1 1/2 teaspoons iodized salt may be substituted.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.4386956476323%

Nutrients (% of daily need)

Calories: 61.01kcal (3.05%), Fat: 1.74g (2.67%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 8.77g (3.19%), Sugar: 0.01g (0.01%), Cholesterol: 0.73mg (0.24%), Sodium: 405.28mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Fiber: 0.47g (1.87%), Vitamin K: 1.31µg (1.25%), Calcium: 11.32mg (1.13%), Vitamin A: 52.48IU (1.05%)