



Jack Cheese Breadsticks

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce breadstick dough refrigerated canned (such as Pillsbury)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 ounce monterrey jack cheese shredded with jalapeño peppers finely

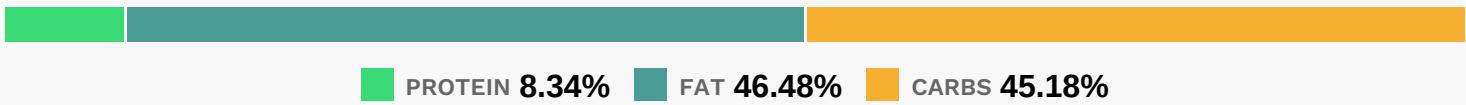
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine cheese and cumin.
- ☐ Cut dough along perforations to form 12 breadsticks; sprinkle cheese mixture over dough, gently pressing into the dough. Twist each breadstick, and place on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 13 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:0, Nutrition Score:0.37608695872452%

Nutrients (% of daily need)

Calories: 93.32kcal (4.67%), Fat: 4.94g (7.61%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.34g (3.76%), Sugar: 1.42g (1.57%), Cholesterol: 2.1mg (0.7%), Sodium: 266.91mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Fiber: 0.48g (1.91%), Calcium: 18.4mg (1.84%), Phosphorus: 10.91mg (1.09%)