



Parm and Pepper Breadsticks

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces bread dough
- ☐ 2 garlic cloves crushed
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmigiano-reggiano cheese grated

Equipment

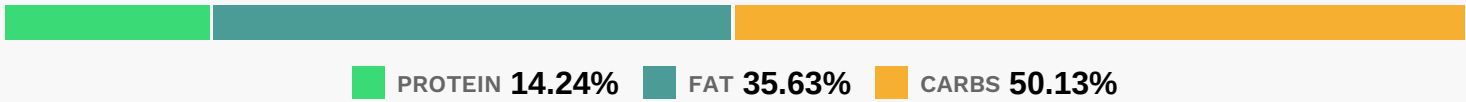
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Roll dough into an 8 x 4-inch rectangle. Cook olive oil and garlic in a skillet over low heat for 5 minutes. Discard garlic.
- ☐ Brush oil over dough; sprinkle with Parmigiano-Reggiano cheese and pepper.
- ☐ Cut dough into 4 (4 x 2-inch) rectangles. Arrange on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.4247826104579%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 116.95kcal (5.85%), Fat: 4.46g (6.86%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 13.49g (4.91%), Sugar: 0.07g (0.07%), Cholesterol: 4.25mg (1.42%), Sodium: 233.78mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Calcium: 77.29mg (7.73%), Phosphorus: 45.87mg (4.59%), Fiber: 0.62g (2.46%), Selenium: 1.63µg (2.32%), Manganese: 0.04mg (2.11%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.54µg (1.47%), Vitamin B2: 0.02mg (1.33%), Zinc: 0.19mg (1.27%), Vitamin B12: 0.08µg (1.25%), Vitamin B6: 0.02mg (1.23%)