



## Parmesan-Black Pepper Breadsticks

READY IN



35 min.

SERVINGS



12

CALORIES



20 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.5 cup water cold
- ☐ 0.5 teaspoon pepper black
- ☐ 1.3 oz parmesan shredded
- ☐ 1 tablespoon butter melted
- ☐ 1 serving cracked wheat black
- ☐ 2 cups frangelico

### Equipment

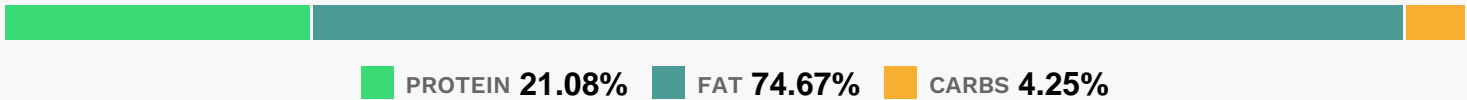
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

## Directions

- ☐ Heat oven to 450°F. Lightly grease large cookie sheet with shortening or cooking spray. In medium bowl, stir together Bisquick mix, water, 1/2 teaspoon pepper and 2 tablespoons of the cheese until soft dough forms.
- ☐ Sprinkle work surface with Bisquick mix.
- ☐ Place dough on surface; roll to coat. With rolling pin, roll into 10x8-inch rectangle.
- ☐ Brush with butter.
- ☐ Sprinkle with remaining 3 tablespoons cheese; press in gently.
- ☐ Cut crosswise into 12 strips. Gently twist each strip.
- ☐ Place 1/2 inch apart on cookie sheet.
- ☐ Sprinkle with additional pepper.
- ☐ Bake 10 to 12 minutes until light golden brown.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:4.92, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.54043477158184%

## Nutrients (% of daily need)

Calories: 20.47kcal (1.02%), Fat: 1.71g (2.63%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.02g (0.03%), Cholesterol: 2.01mg (0.67%), Sodium: 58.82mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Calcium: 35.98mg (3.6%), Phosphorus: 21.18mg (2.12%), Vitamin A: 65.25IU (1.31%)