



Parmesan Breadstick Broomsticks

 Gluten Free

READY IN



38 min.

SERVINGS



20

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons milk
- ☐ 0.3 cup parmesan grated
- ☐ 2 lb pizza dough frozen thawed

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

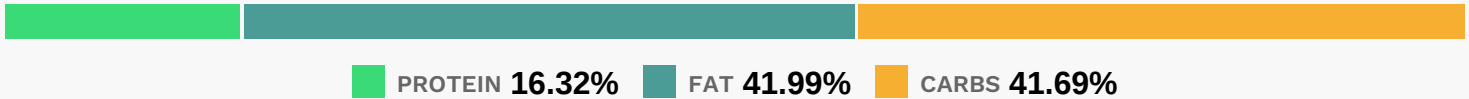
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chefs knife

Directions

- ☐ Preheat oven to 400F. Line a large baking sheet with parchment paper or foil.
- ☐ On a lightly floured countertop, roll each piece of dough into a 6-by-10-inch rectangle. With a floured chef's knife, cut each rectangle into six 10-inch strips. Make 3-inch lengthwise cuts at one end of each strip, 1/4 inch apart, to form broom straws. Twist and pull uncut portion of strips to form a broom handle (each breadstick will be about 15 inches long). Gently transfer broomsticks to prepared baking sheet; place at least 2 inches apart. Separate cut ends.
- ☐ Brush broomsticks with milk and sprinkle with Parmesan.
- ☐ Bake until golden, 15 to 18 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:4.6317391486272%

Nutrients (% of daily need)

Calories: 127.36kcal (6.37%), Fat: 5.94g (9.14%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 12.28g (4.46%), Sugar: 1.7g (1.89%), Cholesterol: 7.38mg (2.46%), Sodium: 223.35mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Selenium: 10.06µg (14.37%), Calcium: 97.84mg (9.78%), Phosphorus: 91.38mg (9.14%), Vitamin B2: 0.12mg (7.25%), Manganese: 0.13mg (6.62%), Vitamin B1: 0.1mg (6.47%), Vitamin B12: 0.38µg (6.28%), Iron: 1.04mg (5.78%), Copper: 0.1mg (5.17%), Vitamin B3: 1mg (5.01%), Folate: 17.32µg (4.33%), Zinc: 0.64mg (4.26%), Fiber: 1g (3.99%), Vitamin A: 167.32IU (3.35%), Vitamin E: 0.46mg (3.08%), Vitamin K: 3.02µg (2.88%), Magnesium: 11.16mg (2.79%), Potassium: 72.35mg (2.07%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.11mg (1.11%)