



Parmesan Breadsticks

READY IN



10 min.

SERVINGS



100

CALORIES



15 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 teaspoon parsley flakes dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 11 oz breadsticks refrigerated canned
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 100 servings salt to taste

Equipment

- ☐ oven

Directions

- ☐ Combine first 3 ingredients.
- ☐ Roll each piece of dough into a 10–inch rope.
- ☐ Brush with melted butter, and sprinkle with cheese mixture.
- ☐ Bake at 375 for 11 to 13 minutes or until golden.
- ☐ Sprinkle with salt to taste.

Nutrition Facts



Properties

Glycemic Index:0.05, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.13999999776159%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 15.04kcal (0.75%), Fat: 0.56g (0.86%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.1g (0.11%), Cholesterol: 0.22mg (0.07%), Sodium: 228.05mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Iron: 0.19mg (1.06%)