



Parmesan Cheese Breadsticks

READY IN



15 min.

SERVINGS



15

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 11 ounce breadsticks refrigerated canned
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 cup parmesan cheese freshly grated

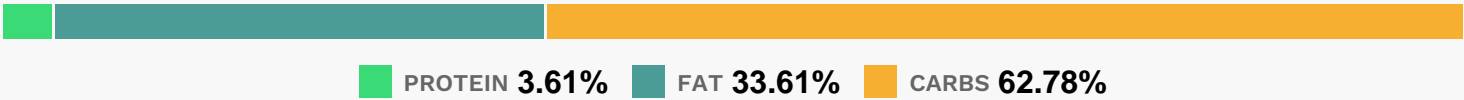
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a shallow dish.
- ☐ Unroll breadstick dough, and separate into 12 strips at perforations. Gently pull each strip to a length of 12 inches.
- ☐ Brush both sides of each strip with butter; dredge in cheese mixture. Twist each strip, and place 2 inches apart on lightly greased baking sheets.
- ☐ Bake at 400 for 8 to 10 minutes or until golden brown.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1613043485128%

Nutrients (% of daily need)

Calories: 107.24kcal (5.36%), Fat: 4.21g (6.48%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 16.35g (5.95%), Sugar: 0.67g (0.75%), Cholesterol: 8.92mg (2.97%), Sodium: 249.15mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Iron: 1.28mg (7.12%), Fiber: 1.34g (5.38%), Calcium: 30.37mg (3.04%), Vitamin A: 115.43IU (2.31%), Phosphorus: 21.99mg (2.2%), Selenium: 1.2µg (1.71%)