



Parmesan, Garlic, and Basil Twists

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 11 ounce breadstick dough refrigerated canned
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 1 ounce parmesan cheese fresh grated

Equipment

- baking sheet

sauce pan

oven

Directions

Preheat oven to 35

Heat oil in a small saucepan over medium heat.

Add garlic; saute 30 seconds.

Remove from heat.

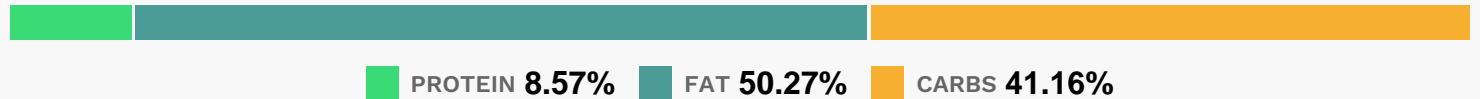
Unroll dough, separating into strips.

Brush with the garlic mixture.

Sprinkle with basil, cheese, and pepper, gently pressing into dough. Twist breadsticks, and place on a baking sheet coated with cooking spray. Gently press ends of breadsticks onto baking sheet.

Bake at 350 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.75565217597329%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.74kcal (5.24%), Fat: 5.99g (9.22%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.54g (3.83%), Sugar: 1.43g (1.59%), Cholesterol: 1.61mg (0.54%), Sodium: 290.58mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Calcium: 29.96mg (3%), Vitamin K: 2.89µg (2.76%), Fiber: 0.5g (1.99%), Phosphorus: 17.51mg (1.75%), Vitamin E: 0.18mg (1.19%)