

Parmesan Knots

READY IN

ready

20 min.

SERVINGS

servings

60

CALORIES

calories

67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 ounce biscuits refrigerated canned
- ☐ 0.5 teaspoon parsley dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 pinch ground pepper black
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup vegetable oil

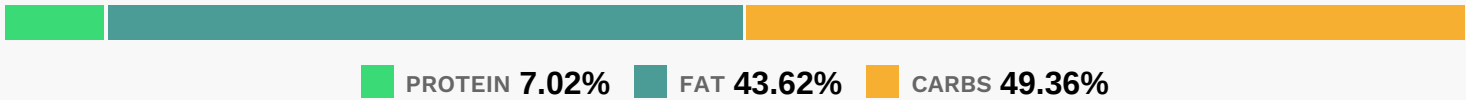
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.
- ☐ Combine oil, Parmesan cheese, parsley, oregano, garlic powder, and pepper in a small bowl.
- ☐ Cut each biscuit in half; roll each portion into a 6-inch rope and tie in a loose knot.
- ☐ Place on prepared baking sheet.
- ☐ Bake in preheated oven until golden brown, 6 to 8 minutes. Immediately brush with Parmesan mixture.
- ☐ Serve warm or freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:5.22, Inflammation Score:-1, Nutrition Score:1.8965217374751%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Nutrients (% of daily need)

Calories: 67.36kcal (3.37%), Fat: 3.29g (5.06%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 8.13g (2.95%), Sugar: 0.6g (0.66%), Cholesterol: 0.53mg (0.18%), Sodium: 167.57mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Phosphorus: 76.07mg (7.61%), Vitamin B1: 0.07mg (4.87%), Selenium: 3.36µg (4.8%), Manganese: 0.07mg (3.52%), Iron: 0.58mg (3.25%), Vitamin B2: 0.05mg (3.03%), Folate: 12.08µg (3.02%), Vitamin B3: 0.57mg (2.87%), Vitamin E: 0.27mg (1.77%), Vitamin K: 1.7µg (1.62%), Calcium: 12.87mg (1.29%), Potassium: 40.14mg (1.15%)