



Parmesan Twists

READY IN



45 min.

SERVINGS



48

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 1 egg yolk
- 2 cups flour all-purpose
- 2 teaspoons penzey's southwest seasoning dried italian
- 1 cup parmesan cheese shredded
- 2 tablespoons sesame seed
- 8 ounce cup heavy whipping cream sour
- 1 tablespoon water

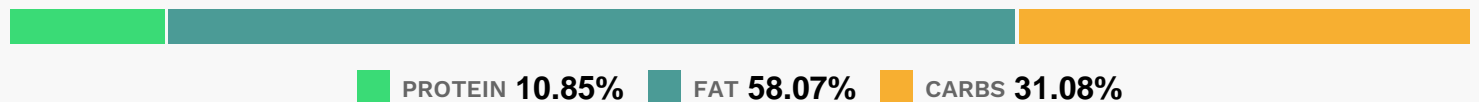
Equipment

- baking sheet
- oven
- hand mixer

Directions

- Beat butter at medium speed with an electric mixer until fluffy.
- Add cheese and sour cream, beating until blended.
- Combine flour and Italian seasoning. Gradually add to butter mixture; beat at low speed until blended. Cover and chill 30 minutes.
- Turn dough out onto a lightly floured surface; knead 3 or 4 times. Divide dough in half.
- Roll half of dough into a 12- x 6-inch rectangle.
- Cut into 6- x 1/2-inch strips. Stir together egg yolk and 1 tablespoon water; brush over breadsticks.
- Sprinkle with 1 tablespoon sesame seeds. Twist strips, and place on lightly greased baking sheets. Repeat with remaining dough, egg wash, and sesame seeds.
- Bake at 350 for 15 minutes or until golden. Freeze up to 3 months, if desired.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.5539130495618%

Nutrients (% of daily need)

Calories: 56.82kcal (2.84%), Fat: 3.68g (5.66%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 4.22g (1.53%), Sugar: 0.2g (0.22%), Cholesterol: 8.25mg (2.75%), Sodium: 57.49mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Selenium: 2.74µg (3.91%), Calcium: 36mg (3.6%), Vitamin B1: 0.05mg (3.09%), Phosphorus: 27.9mg (2.79%), Folate: 11.05µg (2.76%), Vitamin A: 137.14IU (2.74%), Vitamin B2: 0.04mg (2.63%), Manganese: 0.05mg (2.45%), Iron: 0.35mg (1.95%), Vitamin B3: 0.34mg (1.69%), Copper: 0.02mg (1.17%), Magnesium: 4.02mg (1.01%)