



## Parmesan Witches' Broomsticks

 Gluten Free

READY IN



60 min.

SERVINGS



15

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 eggs beaten
- ☐ 0.7 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2.3 cups frangelico
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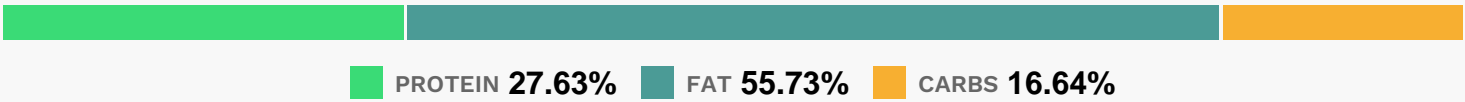
### Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Heat oven to 350F. Stir Bisquick mix and milk until soft dough forms.
- ☐ Place dough on surface dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into ball; knead 10 times.
- ☐ Shape dough into 30 one-inch balls.
- ☐ Roll 15 balls into 15 six-inch ropes to make broomstick handles.
- ☐ Place on ungreased cookie sheet. Pat remaining balls onto 1 end of each broomstick handle. Dip fork into Bisquick mix; press fork firmly on balls to make bristles.
- ☐ Brush egg over dough.
- ☐ Sprinkle cheese over dough bristles.
- ☐ Bake 10 to 15 minutes or until light golden brown.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.86304348188898%

## Nutrients (% of daily need)

Calories: 17.72kcal (0.89%), Fat: 1.09g (1.68%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.53g (0.59%), Cholesterol: 13.66mg (4.55%), Sodium: 37.45mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Calcium: 29.71mg (2.97%), Phosphorus: 27.33mg (2.73%), Selenium: 1.69µg (2.41%), Vitamin B2: 0.03mg (2.01%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.19µg (1.24%), Zinc: 0.15mg (1.03%)