



Pepperoni Breadsticks

 Gluten Free

READY IN



30 min.

SERVINGS



28

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup water cold
- ☐ 2 oz pepperoni chopped
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 cup tomato sauce
- ☐ 2 cups frangelico

Equipment

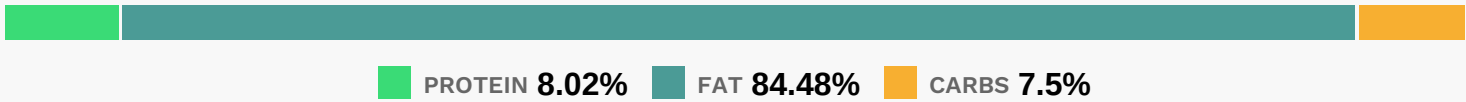
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Mix Bisquick, cold water and pepperoni until dough forms; beat 20 strokes. Turn dough onto surface dusted with Bisquick; gently roll in Bisquick to coat. Knead 5 times.
- ☐ Roll dough into 10-inch square.
- ☐ Cut in half.
- ☐ Cut each half crosswise into 14 strips. Twist ends of strips in opposite directions.
- ☐ Place on ungreased cookie sheet, pressing ends onto cookie sheet to fasten securely.
- ☐ Brush generously with butter.
- ☐ Sprinkle with cheese.
- ☐ Bake 10 to 12 minutes or until light golden brown.
- ☐ Heat pizza sauce until hot.
- ☐ Serve breadsticks warm with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:2.61, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.69739130463289%

Nutrients (% of daily need)

Calories: 27.63kcal (1.38%), Fat: 2.65g (4.07%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.31g (0.35%), Cholesterol: 2.12mg (0.71%), Sodium: 95.92mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin A: 111.93IU (2.24%), Vitamin E: 0.21mg (1.4%), Manganese: 0.02mg (1.08%)