

Pesto Breadsticks

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons basil thinly sliced
- ☐ 4 ounces bread dough
- ☐ 1 tablespoon butter melted
- ☐ 4 garlic cloves minced

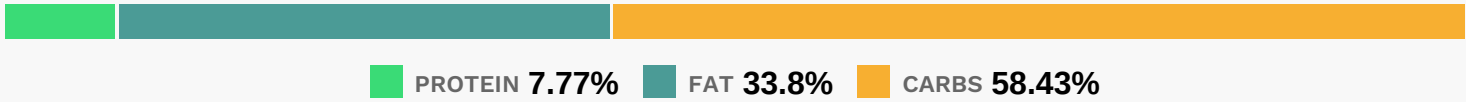
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Roll dough into an 8 x 4-inch rectangle, and proceed.
- ☐ Cut dough into 4 (8 x 1-inch) strips; twist each strip. Arrange dough on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 11 minutes.
- ☐ Combine melted butter, basil, and minced garlic.
- ☐ Brush butter mixture over breadsticks.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:0.89217390929875%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 101.96kcal (5.1%), Fat: 3.69g (5.68%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 13.72g (4.99%), Sugar: 0.03g (0.04%), Cholesterol: 7.53mg (2.51%), Sodium: 156.38mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 3.41µg (3.25%), Manganese: 0.06mg (2.94%), Vitamin A: 127.3IU (2.55%), Fiber: 0.63g (2.51%), Vitamin B6: 0.04mg (1.92%), Vitamin C: 1.07mg (1.3%)