



Roman Candle Breadsticks



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 0.3 cup chives chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.8 teaspoon paprika

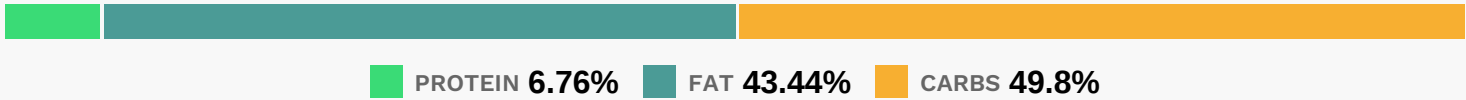
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Unroll dough (do not separate into strips). Stretch dough to 18 inches in length. Coat dough evenly with cooking spray.
- ☐ Sprinkle with paprika, parsley, and chives, pressing gently.
- ☐ Cut dough in half crosswise; cut dough along perforations to form 16 breadsticks. Twist each breadstick; place on a baking sheet.
- ☐ Bake at 350 for 15 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1304347620386%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 63.94kcal (3.2%), Fat: 3.18g (4.89%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.78g (2.83%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 190.05mg (8.26%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin K: 16.78µg (15.98%), Vitamin A: 152.36IU (3.05%), Vitamin C: 1.61mg (1.95%), Fiber: 0.43g (1.72%)