



Rosemary-and-Garlic Breadsticks



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon teaspoon rosemary dried fresh chopped

Equipment

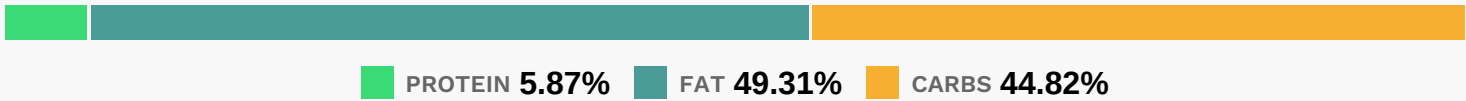
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Heat olive oil in a small nonstick skillet over medium heat.
- ☐ Add rosemary, pepper, and garlic; saut for 1 minute.
- ☐ Remove from heat, and set aside.
- ☐ Unroll breadstick dough (do not separate dough into breadsticks). Beginning in the center of the dough, spread rosemary mixture to one short end of dough. Fold other half of dough over rosemary mixture, pinching ends together to seal.
- ☐ Cut dough along perforations to form 8 breadsticks. Twist each folded breadstick, and place on a baking sheet coated with cooking spray.
- ☐ Bake breadsticks at 350 for 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.49739130213857%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.87kcal (7.19%), Fat: 8.11g (12.47%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 15.75g (5.73%), Sugar: 2.11g (2.35%), Cholesterol: 0mg (0%), Sodium: 379.19mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Fiber: 0.84g (3.36%), Vitamin E: 0.25mg (1.69%), Manganese: 0.03mg (1.26%), Vitamin K: 1.17µg (1.11%)