



## Rosemary-Garlic Breadsticks



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 11 ounce breadstick dough soft canned
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon salt

## Equipment

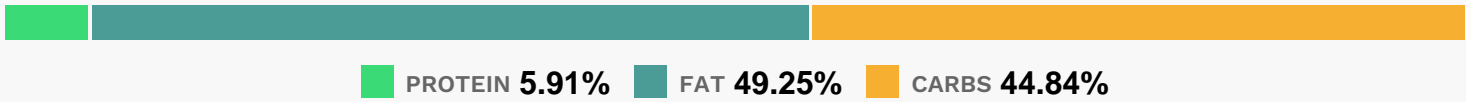
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ pastry brush

## Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a small skillet over medium heat.
- ☐ Add garlic, and cook, stirring often, 1 to 2 minutes.
- ☐ Remove from heat, and stir in rosemary and salt.
- ☐ Unroll dough, but do not separate into strips. Use a pastry brush to spread garlic mixture evenly across surface of dough. Working with each one at a time, tear breadsticks along the perforations, and twist each strip. Stretch slightly, and place on a baking sheet.
- ☐ Bake at 350 for 13 to 15 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.35608695917155%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 115.02kcal (5.75%), Fat: 6.47g (9.95%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 12.64g (4.6%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 419.62mg (18.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Fiber: 0.61g (2.43%), Vitamin E: 0.2mg (1.35%)