



Rosemary-Prosciutto Breadsticks

READY IN



45 min.

SERVINGS



12

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1.5 ounces pancetta thinly sliced

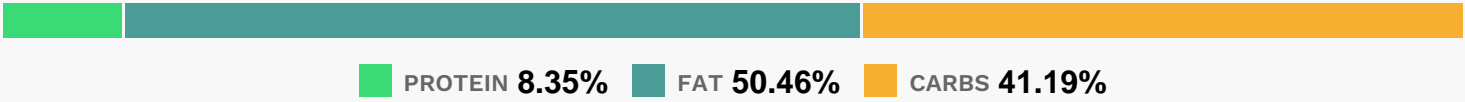
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Separate breadstick dough into 12 pieces; cut each piece in half lengthwise to form 2 thin strips. Wrap prosciutto around 12 dough strips. Twist unwrapped dough strips around prosciutto-wrapped pieces; twist 3 or 4 times, pinching ends to seal. Coat twists with cooking spray.
- ☐ Combine cheese and rosemary in a pie plate or shallow dish; roll breadsticks in cheese mixture.
- ☐ Place breadsticks on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 13 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.4826086918297%

Nutrients (% of daily need)

Calories: 104.26kcal (5.21%), Fat: 5.97g (9.18%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.49g (3.82%), Sugar: 1.4g (1.56%), Cholesterol: 3.43mg (1.14%), Sodium: 297.93mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Fiber: 0.47g (1.88%), Selenium: 1.15µg (1.64%), Phosphorus: 13.04mg (1.3%), Calcium: 11.28mg (1.13%)