



Sister Schubert's® Walnut Asiago Bites

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

18

CALORIES

calories

79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounces asiago cheese shredded divided
- ☐ 1 package sister schubert's dinner rolls soft
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup walnuts finely chopped
- ☐ 0.3 teaspoon pepper white

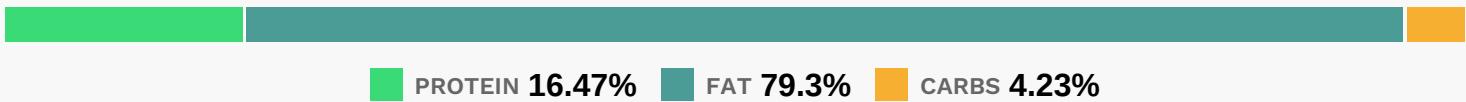
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
- ☐ Separate rolls into 18 pieces. Set aside.
- ☐ Heat oil in a small skillet over medium heat; add garlic and saute until tender, about 1 to 2 minutes. Do not brown garlic.
- ☐ Remove from heat and add pepper, cool slightly, about 10 minutes.
- ☐ Add 1cup Asiago cheese and walnuts and mix to combine.
- ☐ Roll each Sister Schubert's Soft Dinner
- ☐ Roll piece in cheese mixture and place on prepared pan.
- ☐ Bake 7 to 10 minutes or until golden brown. In a small bowl combine the remaining 3 tablespoons cheese and basil together and sprinkle over bites.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.2186956554651%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg 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: 79.43kcal (3.97%), Fat: 7.16g (11.02%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.15g (0.17%), Cholesterol: 5.35mg (1.78%), Sodium: 126.64mg (5.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Calcium: 97.62mg (9.76%), Phosphorus: 66.64mg (6.66%), Manganese: 0.12mg (6.12%), Vitamin E: 0.47mg (3.16%), Selenium: 2µg (2.85%), Copper: 0.06mg (2.82%), Vitamin K: 2.96µg (2.82%), Magnesium: 8.87mg (2.22%), Zinc: 0.32mg (2.16%), Vitamin B2: 0.03mg (1.87%), Vitamin B12: 0.09µg (1.57%), Vitamin A: 73.9IU (1.48%), Vitamin B6: 0.03mg (1.46%), Iron: 0.19mg (1.08%), Vitamin B1: 0.02mg (1.01%)