

Bread Stix

Ingredients

4 hot dog rolls (day old is best)

1/4 cup grated Parmesan cheese

1/4 teaspoon seasoned salt

1/2 teaspoon paprika

vegetable oil spray

Makes 8 servings

Instructions

1. Cut each hot dog roll lengthwise into 4 segments.
2. Spray segments lightly with vegetable oil spray.
3. Add cheese, salt and paprika to plastic bag, shake well to blend.
4. Add bread segments to bag and shake to coat evenly.
5. Place on non-stick baking sheet and bake in 375° F oven for 20-30 minutes or until brown and crisp.

Nutrition Facts

Serving Size 2 pieces
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: | 2,000 | 2,500 |
|--------------------|-----------|-----------|---------|-------|
| Total Fat | Less than | 65g | 80g | |
| Saturated Fat | Less than | 20g | 25g | |
| Cholesterol | Less than | 300mg | 300mg | |
| Sodium | Less than | 2,400mg | 2,400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

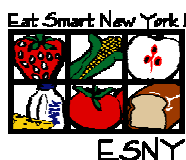
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

23% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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