

Cornell Cooperative Extension Schoharie and Otsego Counties

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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 - 23% calories from fat

Nutrition Facts

Servings Per Container 8

Amount Per Serving			
Calories 80	Cal	ories fron	n Fat 20
% Daily Value*			
Total Fat 2g	I		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			
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Vitamin A 29	κ.	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 Saturated Fat Cholesterol Sodium	Less than Less than Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

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.



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