



Whole Wheat Garlic Bread Sticks



Makes: 6 servings

These easy and delicious garlic bread sticks are a great side dish for our [Chicken Spaghetti](#) or as a snack.

Ingredients

- 6 slices 100% whole wheat bread
- 2 tablespoons olive oil (or cooking oil of choice)
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning

Directions

1. Wash hands with soap and water.
2. Preheat oven to 300 degrees F.
3. Spread each slice of bread with one teaspoon oil.
4. Sprinkle with garlic powder and Italian seasoning.
5. Cut each slice into 3 equal parts.

6. Bake in preheated oven for about 25 minutes or until crisp and lightly browned.

Source:

Eat Smart New York!

Cornell University Cooperative Extension

Nutrition Information

Serving Size: 3 slices

Nutrients	Amount
Total Calories	112
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	128 mg
Carbohydrates	12 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	1 g
Protein	4 g
Vitamin D	0 mcg
Calcium	49 mg
Iron	1 mg
Potassium	77 mg

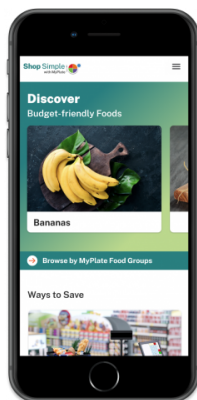
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups



Grains1 ounces



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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