

Garlic Knot

Yield: 40 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-knot-plain-cookie>

Ingredients:

- 1 3/4 cups warm water @115°F
- 1/4 cup olive oil
- 1 teaspoon sea salt
- 1 tablespoon sugar
- 1 1/2 tablespoons active dry yeast
- 5 1/2 cups all purpose unbleached flour
- 1/8 cup olive oil
- 2 tablespoons unsalted butter
- 4 cloves garlic finely crushed
- 1/4 cup Italian parsley finely chopped fresh
- sea salt to taste
- olive oil
- flour

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 80 milligrams

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