

# Italian Breadsticks – Keto, Low Carb & Gluten Free

Yield: 16 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/breadsticks-recipe-indian>

## Ingredients:

- 1 1/2 cups almond flour
- 2 1/2 cups shredded mozzarella cheese
- 3 ounces cream cheese
- 2 eggs
- 2 tablespoons grated Parmesan cheese
- 2 cloves garlic grated with a microplane or garlic press
- 1 tablespoon psyllium husk powder
- 2 teaspoons baking powder
- 1 tablespoon nutritional yeast
- 1 teaspoon garlic salt
- 2 teaspoons dried parsley
- 1/2 teaspoon dried basil
- oil flavorless, for handling the dough/forming the breadsticks
- breadsticks
- olive oil for brushing the tops

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 230 milligrams
9. Sugar: 1 grams

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