

Mozzarella Cheese Sticks

Yield: 32 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/garlic-cheese-sticks-indian-recipe>

Ingredients:

- 16 cheese sticks string
- 1/2 cup all-purpose flour
- 1/2 teaspoon essence Emeril's
- 2 eggs
- 1/4 cup milk
- 1 1/2 cups panko crumbs
- 1 tablespoon dried parsley
- salt
- pepper
- canola oil for frying
- 19 ounces tomato sauce
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1/2 teaspoon crushed red pepper or to taste
- 1 teaspoon italian seasoning
- salt
- pepper
- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 9 grams

3. Cholesterol: 130 milligrams
 4. Fat: 40 grams
 5. Fiber: 1 grams
 6. Protein: 30 grams
 7. SaturatedFat: 24 grams
 8. Sodium: 1300 milligrams
 9. Sugar: 3 grams
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