

# Cheese-Stuffed Bread Sticks

Yield: 16 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/soft-italian-bread-sticks-recipe>

## Ingredients:

- 16 ounces part skim mozzarella Do not substitute whole milk cheese
- 2 pounds pizza dough or the equivalent dough needed for two pizzas, store bought or homemade
- extra-virgin olive oil
- garlic powder
- oregano
- kosher salt
- 1 cup shredded Parmesan cheese
- tomato sauce for dipping

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 540 milligrams
9. Sugar: 1 grams
10. TransFat: 1.5 grams

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