

Homemade Garlic Knots

Yield: 16 min
Total Time: 170 min

Recipe from: <https://www.recipeschoose.com/recipes/mother-s-day-garlic-knots-recipe>

Ingredients:

- 3/4 cup bread flour
- 1/2 teaspoon granulated sugar
- 1 envelope active dry yeast
- 2 teaspoons salt
- 1 1/2 cups warm water 110 - 115 degrees, F
- 2 tablespoons olive oil divided
- 1 stick unsalted butter
- 6 cloves garlic minced
- 1/2 cup fresh parsley minced
- 1/2 teaspoon garlic salt
- 1/4 cup Parmesan cheese grated

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Protein: 2 grams
6. SaturatedFat: 4 grams
7. Sodium: 320 milligrams

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