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## Garlic Fingers ♦

Garlic fingers are a popular Canadian appetizer made with pizza dough, garlic butter, and mozzarella cheese. They are typically served with a sweet donair sauce for dipping. This recipe is a crowd-pleaser and perfect for parties or game day.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

500 g	Pizza Dough
6 tbsp	garlic butter
250 g	Mozzarella Cheese

### Directions

## Step 1

### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Rolling

Roll out the pizza dough into a rectangular shape.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Spreading

Spread the garlic butter evenly over the dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

### Sprinkling

Sprinkle the mozzarella cheese on top.

**Prep Time:** 2 mins

**Cook Time:** 10 mins

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## Step 5

**Baking**

Bake in the preheated oven for 10 minutes or until the cheese is melted and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

**Cutting**

Cut into fingers and serve with sweet donair sauce for dipping.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 15 g

**Protein: 10 g**

**Carbohydrates: 20 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	100 mg	2.94%	3.85%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

### Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Christmas

Easter

### Cost

Under \$10

## Demographics

Senior Friendly

Lactation Friendly

Diabetic Friendly

## Meal Type

Snack

Supper

## Difficulty Level

Medium

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