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# **Garlic-Parmesan Knots**

Garlic-Parmesan Knots are a delicious and savory bread recipe. They are made by tying dough into knots, brushing them with garlic butter, and sprinkling with Parmesan cheese.

These knots are perfect as an appetizer or as a side dish for pasta or soup.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 15 mins Total Time: 35 mins

Recipe Yield: 300 grams Number of Servings: 6

Serving Size: 50 g

# **Ingredients**

500 g	All-Purpose Flour
7 g	Active Dry Yeast
10 g	Sugar
10 g	Salt
300 ml	warm water

30 ml	Olive oil
4 cloves	garlic cloves
60 g	Butter
50 g	Parmesan Cheese

## **Directions**

#### Step 1

In a large bowl, combine the flour, yeast, sugar, and salt. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2

Mixing

Gradually add warm water and olive oil to the flour mixture. Stir until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

## Step 3

Kneading

Knead the dough on a floured surface for about 5 minutes, or until smooth and elastic.

Prep Time: 5 mins

Cook Time: 0 mins

## Step 4

#### Resting

Place the dough in a greased bowl, cover with a clean towel, and let it rise in a warm place for about 1 hour, or until doubled in size.

Prep Time: 60 mins

Cook Time: 0 mins

## Step 5

#### Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 0 mins

Cook Time: 0 mins

## Step 6



Punch down the dough and divide it into 12 equal pieces.

Prep Time: 5 mins

Cook Time: 0 mins

## Step 7

#### Rolling

Roll each piece into a rope and tie it into a knot. Place the knots on a greased baking sheet.

Prep Time: 10 mins

Cook Time: 0 mins

#### Step 8

#### Stove

Melt the butter in a small saucepan. Add minced garlic and cook for 1-2 minutes, or until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

## Step 9

#### Brushing

Brush the knots with the garlic butter mixture. Sprinkle with Parmesan cheese.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 10

**Baking** 

Bake for 12-15 minutes, or until golden brown. Prep Time: 0 mins Cook Time: 15 mins Step 11 Serving Serve warm and enjoy! Prep Time: 0 mins Cook Time: 0 mins **Nutrition Facts** Calories: 150 kcal Fat: 6 g Protein: 4 g Carbohydrates: 20 g

# **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

# 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	2 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	6 g	21.43%	24%
Cholesterol	8 mg	N/A	N/A

# **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	1 mg	1.11%	1.33%
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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	50 mg	1.47%	1.92%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

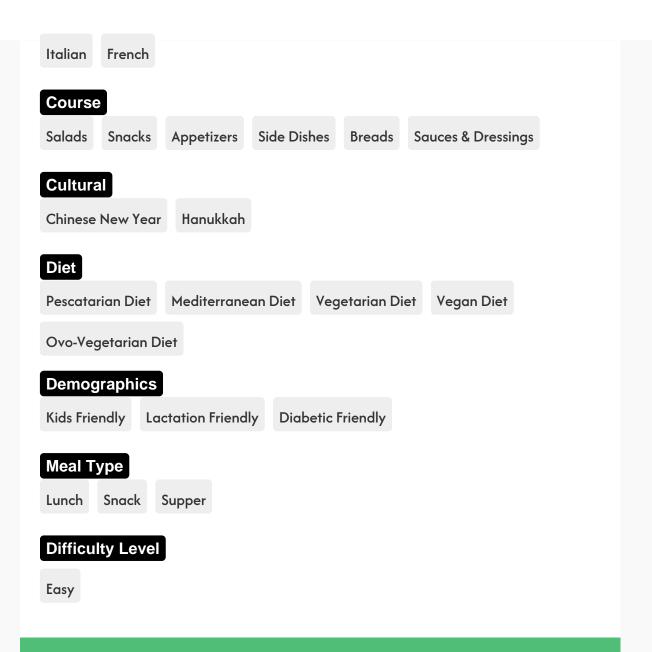
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