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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

Cut

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% |

Recipe Attributes

Events

Christmas

Picnic

Cuisines

Italian French

Course

Salads Snacks Appetizers Side Dishes Breads Sauces & Dressings

Cultural

Chinese New Year Hanukkah

Diet

Pescatarian Diet Mediterranean Diet Vegetarian Diet Vegan Diet

Ovo-Vegetarian Diet

Demographics

Kids Friendly Lactation Friendly Diabetic Friendly

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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