



## Almost-Famous Breadsticks

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 package active yeast dry
- 4.3 cups flour for dusting all-purpose plus more
- 0.1 teaspoon garlic powder
- 0.5 teaspoon kosher salt
- 1 pinch oregano dried
- 1 tablespoon salt fine
- 2 tablespoons sugar
- 2 tablespoons butter unsalted softened

3 tablespoons butter unsalted melted

## Equipment

bowl

baking sheet

oven

blender

## Directions

Place 1/4 cup warm water in the bowl of a mixer; sprinkle in the yeast and set aside until foamy, about 5 minutes.

Add the flour, butter, sugar, fine salt and 1 1/4 cups plus 2 tablespoons warm water; mix with the paddle attachment until a slightly sticky dough forms, 5 minutes.

Knead the dough by hand on a floured surface until very smooth and soft, 3 minutes.

Roll into a 2-foot-long log; cut into 16 1 1/2-inch-long pieces. Knead each piece slightly and shape into a 7-inch-long breadstick; arrange 2 inches apart on a parchment-lined baking sheet. Cover with a cloth; let rise in a warm spot until almost doubled, about 45 minutes.

Brush the breadsticks with 1 1/2 tablespoons of the butter and sprinkle with 1/4 teaspoon kosher salt.

Bake until lightly golden, about 15 minutes. Meanwhile, combine the remaining 1/4 teaspoon salt with the garlic powder and oregano.

Brush the warm breadsticks with the remaining 1 1/2 tablespoons melted butter and sprinkle with the flavored salt.

Photograph by Kate Sears

## Nutrition Facts



**PROTEIN 9.24%** **FAT 22.29%** **CARBS 68.47%**

## Properties

Glycemic Index:9.69, Glycemic Load:19.38, Inflammation Score:-3, Nutrition Score:5.2013043320697%

## Nutrients (% of daily need)

Calories: 159.52kcal (7.98%), Fat: 3.91g (6.02%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 26.02g (9.46%), Sugar: 1.59g (1.77%), Cholesterol: 9.41mg (3.14%), Sodium: 510.1mg (22.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin B1: 0.31mg (20.61%), Folate: 71.16µg (17.79%), Selenium: 11.35µg (16.21%), Manganese: 0.23mg (11.49%), Vitamin B2: 0.18mg (10.79%), Vitamin B3: 2.14mg (10.69%), Iron: 1.56mg (8.66%), Fiber: 1.02g (4.08%), Phosphorus: 39.8mg (3.98%), Copper: 0.05mg (2.55%), Vitamin A: 109.44IU (2.19%), Vitamin B5: 0.21mg (2.1%), Magnesium: 7.68mg (1.92%), Zinc: 0.27mg (1.82%), Potassium: 41.25mg (1.18%), Vitamin B6: 0.02mg (1.09%)