

Beet Breadsticks

READY IN



45 min.

SERVINGS



40

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce beets drained sliced
- ☐ 5 cups bread flour divided
- ☐ 1 teaspoon caraway seeds
- ☐ 1 teaspoon cider vinegar
- ☐ 1 package yeast dry
- ☐ 1 large eggs
- ☐ 0.3 cup butter softened
- ☐ 1 teaspoon salt
- ☐ 0.8 cup skim milk (105° to 115°)

- ☐ 2 tablespoons sugar

Equipment

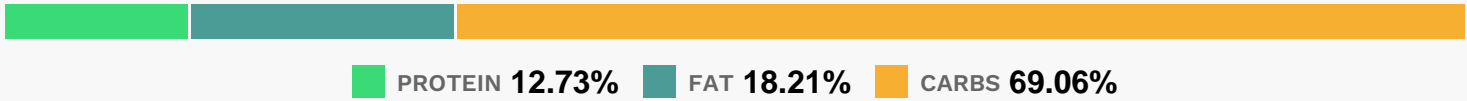
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Combine first two ingredients; set aside.
- ☐ Dissolve yeast and sugar in 3/4 cup warm milk in a large bowl, and let sugar mixture stand 5 minutes.
- ☐ Add 2 cups flour, beet mixture, margarine, salt, vinegar, and egg, and beat mixture at medium speed of a mixer until smooth. Stir in 1 cup flour to form a sticky dough. Turn dough out onto a lightly floured surface. Knead dough until smooth and elastic (about 10 minutes), and add enough of the remaining flour to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down, and divide in half. Working with one portion at a time (cover remaining dough to keep from drying), roll dough into a 10 x 7-inch rectangle.
- ☐ Cut dough crosswise into 20 (7-inch-long) 1/2-inch-wide strips. Gently twist strips of dough. Repeat with remaining dough.
- ☐ Place dough twists 1 inch apart on two baking sheets coated with cooking spray. Cover dough twists, and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in bulk.
- ☐ Preheat oven to 35
- ☐ Uncover breadsticks.
- ☐ Bake breadsticks at 350 for 18 to 20 minutes.
- ☐ Remove from pan, and let cool on wire racks.

- ☐
- Note: To make 2 loaves instead of breadsticks, roll each portion into a 10 x 7-inch rectangle on a lightly floured surface.
- ☐
- Roll up rectangle tightly, starting with a long edge and pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐
- Place roll, seam side down, in a 9 x 5-inch loaf pan coated with cooking spray. Cover and let rise 45 minutes or until doubled in bulk.
- ☐
- Bake 30 minutes or until loaves sound hollow when tapped.
- ☐
- Remove from pans; let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:8.33, Inflammation Score:-1, Nutrition Score:2.2526086675732%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.9kcal (3.9%), Fat: 1.57g (2.41%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.6g (4.58%), Sugar: 1.65g (1.83%), Cholesterol: 4.79mg (1.6%), Sodium: 84.44mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Selenium: 6.78µg (9.69%), Manganese: 0.16mg (8.16%), Folate: 22.31µg (5.58%), Fiber: 0.76g (3.03%), Phosphorus: 28.82mg (2.88%), Vitamin B1: 0.04mg (2.58%), Vitamin B2: 0.03mg (1.97%), Copper: 0.04mg (1.96%), Magnesium: 7.49mg (1.87%), Potassium: 64.93mg (1.86%), Zinc: 0.23mg (1.51%), Iron: 0.27mg (1.48%), Vitamin B5: 0.15mg (1.46%), Vitamin A: 71.11IU (1.42%), Vitamin B3: 0.27mg (1.36%), Calcium: 11.8mg (1.18%), Vitamin B6: 0.02mg (1.06%)