



Black-Pepper Breadsticks

 Dairy Free

READY IN



120 min.

SERVINGS



30

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 envelopes active yeast dry
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 3 cups bread flour
- ☐ 4 teaspoons maldon salt
- ☐ 0.8 cup solid vegetable shortening
- ☐ 1 cup warm water

Equipment

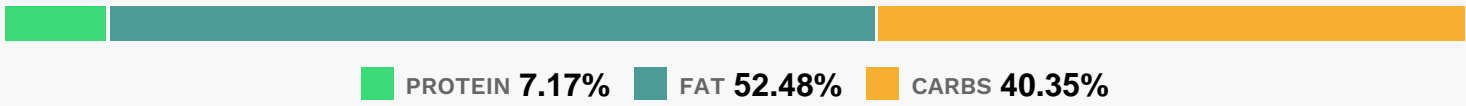
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 and line 3 baking sheets with parchment paper. In the bowl of a standing electric mixer fitted with the dough hook, combine the water, yeast and 2 tablespoons of the flour and let stand until foamy, about 5 minutes.
- ☐ Add the remaining 3 cups of flour along with the shortening, salt and pepper and knead at medium speed until the dough is smooth and elastic, 7 to 8 minutes. Cover the bowl with plastic wrap and let the dough rest for 15 minutes.
- ☐ Turn the dough out onto an unfloured work surface and divide it into fourths.
- ☐ Cut each quarter into 8 pieces.
- ☐ Roll each piece into a 9-by-1/2-inch rope. Using a knife, trim the breadsticks to 8 inches; arrange on the baking sheets and bake for about 45 minutes, until golden and firm, shifting the pans halfway through baking.
- ☐ Transfer the breadsticks to racks and let cool before serving.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:5.89, Inflammation Score:-1, Nutrition Score:1.5991304175037%

Nutrients (% of daily need)

Calories: 91.82kcal (4.59%), Fat: 5.36g (8.25%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.85g (3.22%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 311.11mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Selenium: 5µg (7.14%), Manganese: 0.11mg (5.68%), Vitamin B1: 0.05mg (3.31%), Folate: 12.33µg (3.08%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.37mg (2.43%), Fiber: 0.42g

(1.68%), Phosphorus: 14.51mg (1.45%), Vitamin B5: 0.14mg (1.38%), Copper: 0.03mg (1.36%), Vitamin B3: 0.27mg (1.33%), Vitamin B2: 0.02mg (1.28%)