



## Breadsticks, Three Ways

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper red crushed
- 2 tablespoons parmesan grated
- 1 pound pizza dough
- 1 teaspoon flaky sea salt
- 1 tablespoon sesame oil
- 1 tablespoon sesame seed
- 16 servings toppings
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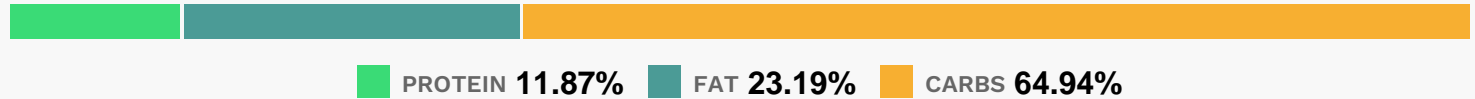
## Equipment

- baking sheet
- oven

## Directions

- Roll dough into a 16-by-12-inch rectangle.
- Cut into 16 strips; transfer to 2 parchment-lined baking sheets.
- Brush with 1 Tbsp. water and sprinkle with salt and crushed red pepper; or brush with sesame oil and sprinkle with sesame seeds; or sprinkle with Parmesan.
- Let rest 30 minutes. Preheat oven to 425F.
- Bake until golden, 10 to 13 minutes.
- Sesame: 82 Calories, 2g Fat (0g Sat.), 0mg Chol., 2g Fiber, 3g Pro., 13g Carb., 122mg Sod., 0mg Iron, 0mg Calcium
- Parmesan: 74 Calories, 1g Fat (0g Sat.), 1mg Chol., 2g Fiber, 3g Pro., 13g Carb., 131mg Sod., 0mg Iron, 7mg Calcium

## Nutrition Facts



## Properties

Glycemic Index:3.88, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.62130434438586%

## Nutrients (% of daily need)

Calories: 82.97kcal (4.15%), Fat: 2.17g (3.34%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 13.19g (4.79%), Sugar: 1.77g (1.97%), Cholesterol: 0.43mg (0.14%), Sodium: 361.4mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Iron: 0.86mg (4.75%), Fiber: 0.51g (2.02%), Calcium: 12.57mg (1.26%), Copper: 0.02mg (1.07%)