



Broomstick Breadsticks

READY IN



45 min.

SERVINGS



10

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 loaves bread dough frozen thawed room temperature (1 lb. each)
- 1.5 teaspoons kosher salt
- 2 tablespoons milk
- 2 tablespoons poppy seed black

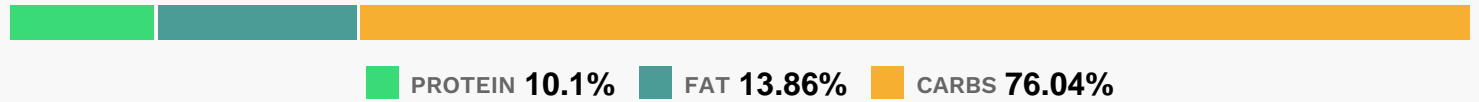
Equipment

- baking sheet
- oven
- knife

Directions

- On a lightly floured board, pat or roll each loaf of dough into a 5- by 10-inch rectangle. With a floured knife, cut each rectangle lengthwise into 5 equal strips. From 1 end of each strip, with floured knife, make lengthwise cuts 1/4 inch apart, 1/3 of the length of the strip.
- Twist uncut portion of each strip 3 to 5 times to make broom handle. Gently lift and transfer breadsticks to an oiled 12- by 15-inch baking sheet, laying them lengthwise and about 2 inches apart. Slightly separate the "straws" at the end of each stick, and twist and pull handles several more times to make each broom about 15 inches long.
- Mix sesame seed and salt.
- Brush breadsticks with milk.
- Sprinkle lightly with seed mixture.
- Bake in a 400 oven until well browned, 12 to 18 minutes.
- Transfer to racks to cool.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.24913044446012%

Nutrients (% of daily need)

Calories: 240.52kcal (12.03%), Fat: 3.48g (5.36%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 40.87g (14.86%), Sugar: 0.2g (0.22%), Cholesterol: 0.36mg (0.12%), Sodium: 773.71mg (33.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Fiber: 2.11g (8.42%), Manganese: 0.12mg (6.09%), Calcium: 29.79mg (2.98%), Phosphorus: 18.69mg (1.87%), Magnesium: 6.61mg (1.65%), Copper: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.14%), Zinc: 0.16mg (1.04%)