



Caraway Breadsticks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces bread dough
- ☐ 1.5 teaspoons caraway seeds
- ☐ 1 large eggs lightly beaten
- ☐ 0.1 teaspoon kosher salt

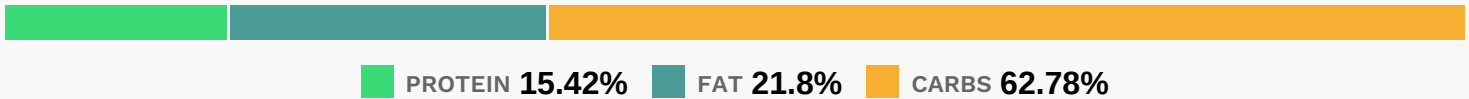
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Roll dough into an 8 x 4-inch rectangle, and proceed.
- ☐ Brush dough with beaten egg; sprinkle with caraway seeds and kosher salt.
- ☐ Cut dough into 4 (8 x 1-inch) strips; arrange strips on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 10 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4960869618732%

Nutrients (% of daily need)

Calories: 92.59kcal (4.63%), Fat: 2.13g (3.28%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 12.96g (4.71%), Sugar: 0.05g (0.06%), Cholesterol: 46.5mg (15.5%), Sodium: 223.88mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Selenium: 3.93µg (5.61%), Vitamin B2: 0.06mg (3.53%), Fiber: 0.84g (3.35%), Phosphorus: 29.01mg (2.9%), Vitamin B5: 0.19mg (1.92%), Iron: 0.34mg (1.89%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%), Folate: 5.95µg (1.49%), Vitamin A: 70.22IU (1.4%), Zinc: 0.2mg (1.35%), Calcium: 12.21mg (1.22%), Vitamin B6: 0.02mg (1.2%)