



## Chili Breadsticks

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons bread flour
- 3 cups bread flour divided
- 3 tablespoons chili powder
- 3 tablespoons cumin seeds
- 1 egg white beaten
- 0.3 cup nonfat milk powder dry instant
- 2 teaspoons olive oil
- 1 teaspoon salt

- 1 teaspoon sugar
- 1 cup water
- 1 package rapid-rise yeast
- 3 tablespoons cornmeal yellow

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- hand mixer

## Directions

- Combine water and oil in a small saucepan; heat to 120 to 130
- Combine 1 cup flour and next 5 ingredients in a large bowl; stir well. Gradually add liquid mixture to flour mixture, beating well at low speed of an electric mixer. Beat 2 additional minutes at medium speed. Gradually stir in enough of the remaining 2 cups flour to make a stiff dough.
- Sprinkle 2 tablespoons flour over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 8 minutes).
- Place in a bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- Combine chili powder and cornmeal; set aside. Punch dough down, and divide into 20 equal portions.
- Roll each portion into a 14-inch rope.
- Brush each rope with egg white, and sprinkle with cornmeal mixture.
- Place 1 inch apart on a large baking sheet coated with cooking spray.
- Bake at 400 for 12 to 14 minutes or until done.

## Nutrition Facts



■ PROTEIN **15.37%** ■ FAT **11.61%** ■ CARBS **73.02%**

## Properties

Glycemic Index:13.88, Glycemic Load:9.95, Inflammation Score:-4, Nutrition Score:3.9686956962814%

## Nutrients (% of daily need)

Calories: 94.39kcal (4.72%), Fat: 1.22g (1.88%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 16.12g (5.86%), Sugar: 1.18g (1.31%), Cholesterol: 0.3mg (0.1%), Sodium: 149.21mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Selenium: 8.84µg (12.63%), Manganese: 0.22mg (10.8%), Vitamin A: 400.3IU (8.01%), Iron: 1.04mg (5.79%), Vitamin B1: 0.07mg (4.9%), Fiber: 1.21g (4.86%), Phosphorus: 47.31mg (4.73%), Vitamin E: 0.63mg (4.19%), Vitamin B2: 0.07mg (4.19%), Folate: 16.35µg (4.09%), Calcium: 34.89mg (3.49%), Magnesium: 13.67mg (3.42%), Copper: 0.06mg (3.17%), Vitamin B3: 0.57mg (2.84%), Vitamin B6: 0.06mg (2.79%), Potassium: 96.44mg (2.76%), Zinc: 0.4mg (2.65%), Vitamin B5: 0.21mg (2.08%), Vitamin K: 1.62µg (1.54%), Vitamin D: 0.17µg (1.1%), Vitamin B12: 0.06µg (1.03%)