



Easy Pizza-Crust Breadsticks



Vegetarian



Dairy Free

READY IN



62 min.

SERVINGS



24

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6.5 oz bette hagan's pizza/french bread flour mix
- ☐ 0.8 cup water (120°F to 130°F)
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon honey
- ☐ 1 egg whites slightly beaten
- ☐ 1 serving sesame seed

Equipment

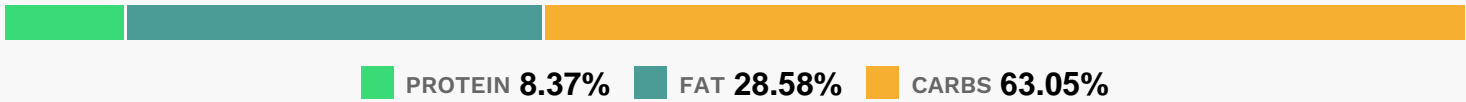
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together pizza crust mix (dry), hot water, oil and honey in medium bowl until dough forms.
- ☐ Brush top of dough lightly with vegetable oil; cover and let rest in warm place (about 85°F) 15 minutes.
- ☐ Heat oven to 400°F. Grease cookie sheet.
- ☐ Turn dough onto smooth surface; dust dough lightly with flour if necessary. Divide dough into 24 parts.
- ☐ Roll and shape each part into rope about 12 inches long for thin breadsticks or about 9 inches long for thick breadsticks.
- ☐ Place about 1 inch apart on cookie sheet. Cover and let rise 20 minutes.
- ☐ Brush with egg white; sprinkle with sesame seed.
- ☐ Bake about 12 minutes or until deep golden brown.
- ☐ Remove from cookie sheet.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.39, Inflammation Score:0, Nutrition Score:0.68260870728156%

Nutrients (% of daily need)

Calories: 39.41kcal (1.97%), Fat: 1.26g (1.93%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 6.05g (2.2%), Sugar: 0.94g (1.04%), Cholesterol: 0mg (0%), Sodium: 60.95mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Iron: 1.74mg (9.68%)