

Garlic Breadsticks



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 1 tablespoon yeast dry
- ☐ 1 large eggs lightly beaten
- ☐ 2.8 cups flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 teaspoon salt
- ☐ 1.5 cups water (100° to 110°)
- ☐ 2 cups flour whole wheat

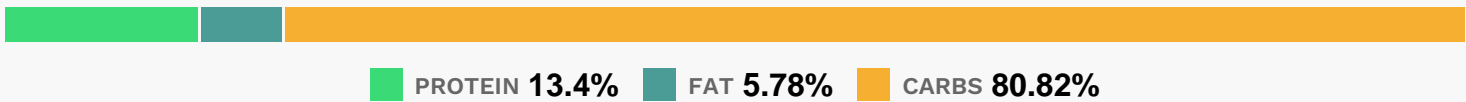
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Dissolve yeast and honey in water in a large bowl; let stand 5 minutes. Stir in salt and egg, stirring with a whisk. Lightly spoon flours into dry measuring cups; level with a knife. Stir flour into water mixture, stirring until a stiff dough forms. Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 10 minutes). Shape dough into a log; divide log into 24 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), gently roll each portion into a 6-inch rope.
- ☐ Place ropes on baking sheets coated with cooking spray.
- ☐ Combine salt, garlic powder, basil, and oregano in a small bowl. Spray ropes lightly with cooking spray; sprinkle with garlic mixture.
- ☐ Bake at 425 for 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:5.72, Glycemic Load:8.29, Inflammation Score:-2, Nutrition Score:4.9799999844931%

Nutrients (% of daily need)

Calories: 92.68kcal (4.63%), Fat: 0.6g (0.93%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 17.48g (6.36%), Sugar: 0.81g (0.9%), Cholesterol: 7.75mg (2.58%), Sodium: 149.71mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Manganese: 0.51mg (25.56%), Selenium: 11.71µg (16.73%), Vitamin B1: 0.18mg (12.14%), Folate: 35.7µg (8.93%), Vitamin B3: 1.41mg (7.07%), Iron: 1.11mg (6.15%), Vitamin B2: 0.1mg (6.14%), Fiber: 1.53g (6.14%), Phosphorus: 56.77mg (5.68%), Magnesium: 17.67mg (4.42%), Copper: 0.07mg (3.38%), Vitamin B6: 0.05mg (2.75%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.18mg (1.79%), Potassium: 58.4mg (1.67%)