



Grissini

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 1 ounce parmesan finely grated
- ☐ 1 tablespoon poppy seeds
- ☐ 2 tablespoons sesame seed lightly toasted

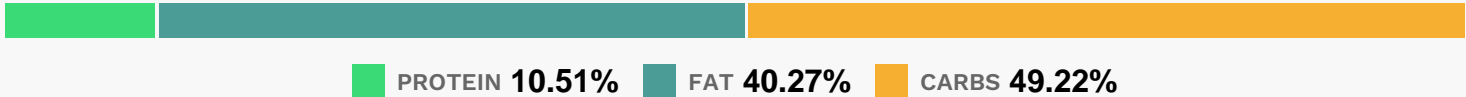
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pizza cutter

Directions

- ☐ Preheat oven to 42
- ☐ Find lengthwise seam in dough. Beginning at seam, gently unroll dough into a rectangle on a lightly floured surface.
- ☐ Roll dough into a 15 x 13-inch rectangle on a lightly floured surface.
- ☐ Brush dough evenly with 1 tablespoon oil.
- ☐ Combine cheese and the next 4 ingredients (through salt), stirring well; sprinkle half of mixture evenly over dough, pressing gently to adhere. Turn dough over.
- ☐ Brush dough with remaining 1 tablespoon oil; sprinkle with remaining cheese mixture.
- ☐ Cut the dough lengthwise into 48 thin strips (about 1/4-inch-thick) using a pizza cutter.
- ☐ Place strips on baking sheets coated with cooking spray.
- ☐ Bake in batches at 425 for 4 minutes or until golden and crisp.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.5530434676001%

Nutrients (% of daily need)

Calories: 107.88kcal (5.39%), Fat: 4.68g (7.2%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.04g (4.38%), Sugar: 0.05g (0.05%), Cholesterol: 1.61mg (0.54%), Sodium: 208.92mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Calcium: 52.18mg (5.22%), Manganese: 0.09mg (4.72%), Copper: 0.07mg (3.43%), Fiber: 0.83g (3.33%), Phosphorus: 31.44mg (3.14%), Vitamin E: 0.36mg (2.39%), Magnesium: 8.47mg (2.12%), Iron: 0.31mg (1.71%), Selenium: 1.1µg (1.57%), Zinc: 0.23mg (1.52%), Vitamin K: 1.58µg (1.51%), Vitamin B1: 0.02mg (1.2%)