

Herbed Breadsticks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 ounces bread dough
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon oregano chopped
- ☐ 1 tablespoon thyme leaves chopped

Equipment

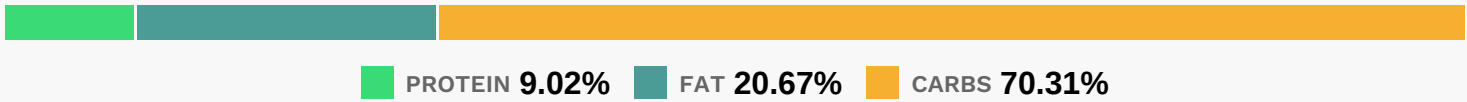
- ☐ baking sheet

☐ oven

Directions

- ☐ Roll dough into an 8 x 4-inch rectangle, and proceed.
- ☐ Sprinkle oregano and thyme over dough. Fold dough over twice; knead 4 times.
- ☐ Roll into an 8 x 4-inch rectangle.
- ☐ Cut into 4 (4 x 2-inch) rectangles; twist. Arrange on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 10 minutes.
- ☐ Brush with olive oil; sprinkle with kosher salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:1.7995652271354%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 86.3kcal (4.31%), Fat: 1.92g (2.95%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 13.32g (4.84%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 206.5mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin K: 8.48µg (8.07%), Fiber: 1.34g (5.38%), Manganese: 0.1mg (5.03%), Iron: 0.78mg (4.32%), Vitamin C: 2.83mg (3.43%), Calcium: 27.38mg (2.74%), Vitamin E: 0.37mg (2.49%), Vitamin A: 104.75IU (2.09%), Magnesium: 6.28mg (1.57%)