



Honey Twists

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.8 cups bread flour divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white
- ☐ 0.3 cup honey
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.8 cup regular oats
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 0.3 cup warm water 100° to 110°
- ☐ 0.8 cup water boiling
- ☐ 1 tablespoon water
- ☐ 0.5 cup flour whole-wheat
- ☐ 0.3 cup cornmeal yellow

Equipment

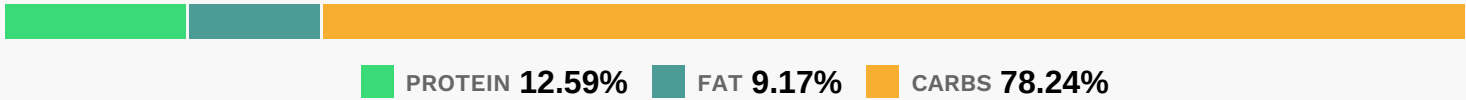
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Combine oats and boiling water in a bowl; let stand 5 minutes. Stir in milk, honey, salt, and oil.
- ☐ Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Stir in oat mixture. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine 2 1/2 cups bread flour, whole-wheat flour, and cornmeal, and gradually add to yeast mixture, stirring until a soft dough forms. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place the dough in a bowl coated with cooking spray, turning to coat top. Cover; let rise in a warm place (85), free from drafts, for 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; let rest 10 minutes.
- ☐ Preheat oven to 37
- ☐ Divide dough into 18 equal portions.
- ☐ Roll into 18 (10-inch-long) strips; fold in half from end to end. Pick up both ends of each strip; twist. Pinch ends together to seal.
- ☐ Place twists 1/2 inch apart on a baking sheet coated with cooking spray; let rise 30 minutes.

- ☐
- Combine 1 tablespoon water and egg white; brush over twists.
- ☐
- Bake at 375 for 12 minutes.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:12.89, Inflammation Score:-2, Nutrition Score:4.0630434452678%

Nutrients (% of daily need)

Calories: 125.69kcal (6.28%), Fat: 1.29g (1.99%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.28g (8.47%), Sugar: 4.57g (5.07%), Cholesterol: 0.33mg (0.11%), Sodium: 136.63mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Manganese: 0.43mg (21.47%), Selenium: 11.32µg (16.18%), Vitamin B1: 0.1mg (6.72%), Fiber: 1.48g (5.91%), Phosphorus: 58.94mg (5.89%), Folate: 19µg (4.75%), Magnesium: 17.8mg (4.45%), Copper: 0.07mg (3.66%), Vitamin B2: 0.06mg (3.46%), Zinc: 0.51mg (3.41%), Vitamin B3: 0.62mg (3.1%), Iron: 0.53mg (2.97%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.24mg (2.38%), Potassium: 70.15mg (2%), Calcium: 15.18mg (1.52%), Vitamin E: 0.19mg (1.25%)