

Honey Wheat Breadsticks

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 teaspoons yeast dry
- 2 cups bread flour
- 2 tablespoons canola oil
- 3 tablespoons honey
- 1.5 teaspoons salt
- 1.3 cups water (70° to 80°)
- 2 cups flour whole wheat

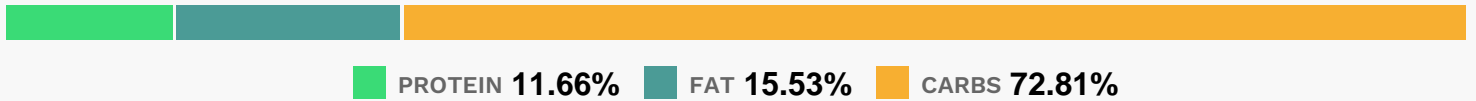
Equipment

- baking sheet
- oven
- bread machine

Directions

- In bread machine pan, place all ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).
- When cycle is completed, turn dough onto a lightly floured surface. Divide into 16 portions; shape each into a ball.
- Roll each into an 8-in. rope.
- Place 2 in. apart on greased baking sheets.
- Cover and let rise in a warm place until doubled, about 30 minutes.
- Bake at 375° for 10–12 minutes or until golden brown.
- Remove to wire racks.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:5.8130435194496%

Nutrients (% of daily need)

Calories: 136.74kcal (6.84%), Fat: 2.43g (3.74%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 23.47g (8.53%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 220.07mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Manganese: 0.74mg (36.97%), Selenium: 15.55µg (22.22%), Vitamin B1: 0.15mg (10.13%), Fiber: 2.14g (8.58%), Phosphorus: 72.58mg (7.26%), Folate: 25.48µg (6.37%), Magnesium: 25.05mg (6.26%), Vitamin B3: 1.14mg (5.7%), Copper: 0.1mg (4.86%), Iron: 0.71mg (3.95%), Zinc: 0.58mg (3.87%), Vitamin B6: 0.08mg (3.83%), Vitamin B2: 0.06mg (3.47%), Vitamin E: 0.48mg (3.17%), Vitamin B5: 0.24mg (2.4%), Potassium: 77.74mg (2.22%), Vitamin K: 1.58µg (1.51%)