



Parmesan and Cracked Pepper Grissini

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups bread flour divided
- ☐ 2 teaspoons cornmeal divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg white lightly beaten
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 1 tablespoon cracked pepper black
- ☐ 1.3 teaspoons salt
- ☐ 1 cup warm water (100° to 110°)
- ☐ 1 teaspoon water

Equipment

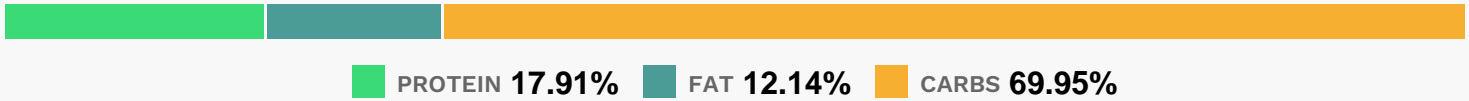
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in 1 cup warm water in a large bowl; let stand 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 3/4 cups flour and salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a 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 (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down. Cover and let rest 5 minutes. Turn dough out onto a lightly floured surface; roll into a 12 x 8-inch rectangle.
- ☐ Combine 1 teaspoon water and egg white, stirring with a whisk; brush evenly over dough.
- ☐ Sprinkle dough with cheese and pepper. Lightly coat dough with cooking spray; cover with plastic wrap. Gently press toppings into dough; remove plastic wrap.
- ☐ Sprinkle each of 2 baking sheets with 1 teaspoon cornmeal.
- ☐ Cut dough in half lengthwise to form 2 (12 x 4-inch) rectangles.
- ☐ Cut each of the rectangles crosswise into 12 (1-inch) strips.
- ☐ Working with 1 strip at a time (cover remaining strips to prevent drying), gently roll each strip into a log. Holding ends of log between forefinger and thumb of each hand, gently pull log into

- a 14-inch rope, slightly shaking it up and down while pulling. (You can also roll each strip into a 14-inch rope on a lightly floured surface.)
- ☐ Place the rope on a prepared pan, curving into a series of shapes so that the rope fits on pan.
 - ☐ Repeat procedure with remaining strips, placing 12 on each pan. Lightly coat ropes with cooking spray. Cover and let rise 20 minutes or until doubled in size.
 - ☐ Preheat oven to 45
 - ☐ Uncover dough; bake at 450 for 6 minutes with 1 pan on bottom rack and 1 pan on second rack from top. Rotate pans; bake an additional 6 minutes or until golden brown.
 - ☐ Remove breadsticks from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:14.93, Inflammation Score:-2, Nutrition Score:4.0926087096981%

Nutrients (% of daily need)

Calories: 137.2kcal (6.86%), Fat: 1.82g (2.81%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 22.58g (8.21%), Sugar: 0.16g (0.18%), Cholesterol: 3.21mg (1.07%), Sodium: 324.54mg (14.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Selenium: 14.11µg (20.16%), Manganese: 0.32mg (15.85%), Phosphorus: 68.77mg (6.88%), Calcium: 63.99mg (6.4%), Vitamin B1: 0.09mg (6.18%), Folate: 24.6µg (6.15%), Fiber: 1.06g (4.26%), Vitamin B2: 0.07mg (4.18%), Copper: 0.07mg (3.62%), Zinc: 0.46mg (3.08%), Magnesium: 11.93mg (2.98%), Vitamin B3: 0.58mg (2.88%), Vitamin B5: 0.25mg (2.51%), Iron: 0.4mg (2.2%), Potassium: 53.42mg (1.53%), Vitamin B6: 0.03mg (1.41%)