



Parmesan Breadsticks

READY IN



45 min.

SERVINGS



48

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 48 servings butter melted
- ☐ 48 servings coarse salt
- ☐ 1 package yeast dry
- ☐ 3.5 cups flour all-purpose divided
- ☐ 1 tablespoon honey
- ☐ 1.5 cups parmesan cheese grated
- ☐ 1.5 cups water lukewarm (105° to 115°)

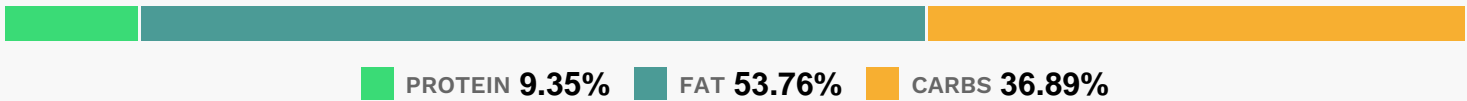
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Dissolve yeast and honey in lukewarm water in a large mixing bowl; let stand 5 minutes. Gradually add 3 cups flour and cheese, beating at low speed of an electric mixer until smooth. Gradually add enough remaining flour to make a soft dough.
- ☐ Turn dough out onto a lightly floured surface; knead 6 to 8 minutes or until smooth and elastic.
- ☐ Divide dough into fourths. Clip each fourth into 12 equal portions, using a pair of kitchen shears.
- ☐ Roll each portion into a pencil-like stick 8 inches long.
- ☐ Place sticks about 1 inch apart on greased baking sheets.
- ☐ Brush with melted butter; sprinkle with coarse salt. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in bulk.
- ☐ Bake at 400 for 10 to 15 minutes or until golden brown.
- ☐ Serve with soups or stews.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:5.22, Inflammation Score:-2, Nutrition Score:2.0508695688585%

Nutrients (% of daily need)

Calories: 83.99kcal (4.2%), Fat: 5.03g (7.74%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 7.48g (2.72%), Sugar: 0.39g (0.43%), Cholesterol: 13.47mg (4.49%), Sodium: 281.27mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Selenium: 4.25µg (6.07%), Vitamin B1: 0.09mg (5.91%), Folate: 20.44µg (5.11%), Vitamin B2: 0.06mg (3.74%), Manganese: 0.07mg (3.31%), Phosphorus: 31.8mg (3.18%), Calcium: 30.6mg (3.06%), Vitamin A: 151.98IU (3.04%), Vitamin B3: 0.6mg (3.01%), Iron: 0.44mg (2.47%),

Zinc: 0.22mg (1.45%), Fiber: 0.29g (1.14%)