



Paula's Bread Sticks

 Vegetarian

READY IN



210 min.

SERVINGS



18

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 teaspoons active yeast dry
- 4 cups bread flour
- 3 tablespoons butter softened
- 2 tablespoons milk powder dry
- 2 teaspoons salt
- 0.3 cup sesame seed
- 1.3 cups warm water (110 degrees F/45 degrees C)
- 0.3 cup sugar white

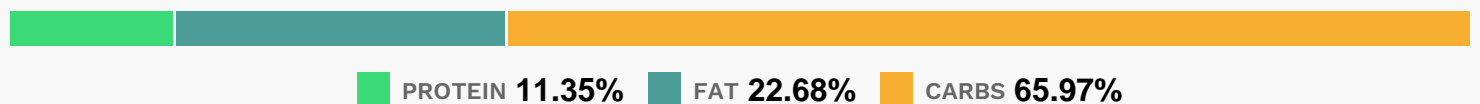
Equipment

- frying pan
- baking sheet
- oven
- wire rack
- bread machine

Directions

- Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Dough cycle; press Start. Spray two baking sheets with cooking spray.
- Preheat oven to 375 degrees F (190 degrees C). When dough cycle is complete, remove dough to a lightly oiled surface. Divide dough up into 18 pieces.
- Roll each piece on an oiled board, from center of piece to the outside edges to form bread sticks.
- Place bread sticks at least 1 inch apart on the prepared pans.
- Bake in preheated oven for 10 to 15 minutes, until golden.
- Remove to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:15.22, Inflammation Score:-2, Nutrition Score:3.7726086702036%

Nutrients (% of daily need)

Calories: 145.18kcal (7.26%), Fat: 3.65g (5.62%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 22.87g (8.32%), Sugar: 3.19g (3.54%), Cholesterol: 5.82mg (1.94%), Sodium: 278.39mg (12.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Selenium: 11.96µg (17.08%), Manganese: 0.27mg (13.69%), Copper: 0.14mg (7.07%), Vitamin B1: 0.09mg (5.91%), Folate: 21.68µg (5.42%), Phosphorus: 49.83mg (4.98%), Fiber: 1.03g (4.11%), Magnesium: 15.43mg (3.86%), Calcium: 33.48mg (3.35%), Iron: 0.57mg (3.17%), Zinc: 0.46mg (3.1%), Vitamin B2: 0.05mg (2.97%), Vitamin B3: 0.55mg (2.76%), Vitamin B5: 0.2mg (2.03%), Vitamin B6:

0.04mg (1.79%), Potassium: 53.41mg (1.53%), Vitamin A: 66.84IU (1.34%), Vitamin E: 0.18mg (1.17%)