



Pecorino-Black Pepper Breadsticks

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1.5 ounces flour all-purpose
- ☐ 0.3 cup pecorino romano cheese fresh grated
- ☐ 5 tablespoons water
- ☐ 1.3 ounces flour whole wheat

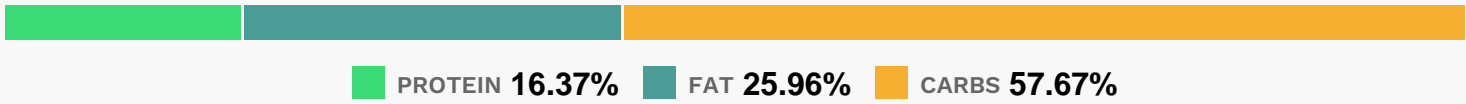
Equipment

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

Directions

- ☐ Preheat oven to 45
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, cheese, baking powder, and pepper in a medium bowl.
- ☐ Add 5 tablespoons water and oil; stir until dough forms. Turn dough out onto a floured surface; knead lightly 4 or 5 times. Divide dough into 18 equal portions, shaping each portion into an 8-inch rope.
- ☐ Place ropes on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 10 minutes or until bottoms are golden brown.
- ☐ Remove from oven; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:4.1, Inflammation Score:-1, Nutrition Score:3.37608695095%

Nutrients (% of daily need)

Calories: 68.58kcal (3.43%), Fat: 2.01g (3.09%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.19g (3.34%), Sugar: 0.07g (0.08%), Cholesterol: 4.33mg (1.44%), Sodium: 103.93mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Manganese: 0.31mg (15.53%), Selenium: 6.67µg (9.52%), Calcium: 77.9mg (7.79%), Phosphorus: 71.62mg (7.16%), Vitamin B1: 0.09mg (5.8%), Folate: 15.89µg (3.97%), Iron: 0.65mg (3.6%), Vitamin B3: 0.72mg (3.58%), Vitamin B2: 0.06mg (3.56%), Fiber: 0.87g (3.47%), Magnesium: 11.9mg (2.98%), Zinc: 0.31mg (2.09%), Copper: 0.04mg (2%), Vitamin B6: 0.03mg (1.56%), Vitamin E: 0.15mg (1.02%)