



Peppered Parmesan Breadsticks

READY IN



90 min.

SERVINGS



16

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup water (105°F to 115°F)
- ☐ 1 package yeast dry
- ☐ 1 tablespoon sugar
- ☐ 1 cup all-bran cereal
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 cup parmesan shredded
- ☐ 1 teaspoon pepper black
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1.5 teaspoons lemon zest grated

- ☐ 1 teaspoon garlic salt
- ☐ 2 tablespoons olive oil
- ☐ 1 serving cornmeal
- ☐ 1 egg whites slightly beaten

Equipment

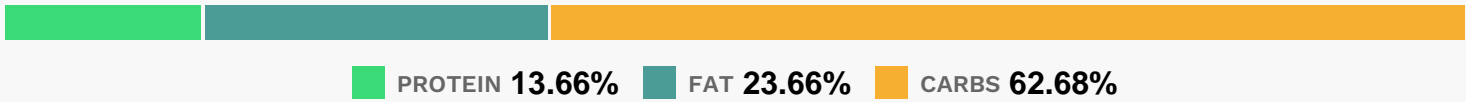
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Stir together water, yeast and sugar.
- ☐ Let stand 5 minutes. Meanwhile, place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- ☐ In food processor, place crushed cereal, flour, cheese, black pepper, red pepper, lemon peel and garlic salt. Cover; process about 10 seconds or until blended.
- ☐ Add oil; cover and process 10 seconds longer.
- ☐ Add yeast mixture; cover and process, using quick on-and-off motions, until dough forms a ball.
- ☐ Let rest 5 minutes. Cover and process 10 seconds longer.
- ☐ Remove dough; cover and let rise 10 minutes.
- ☐ Heat oven to 325°F. Spray 2 cookie sheets with cooking spray. Divide dough into 16 equal pieces. On surface sprinkled with cornmeal, roll each part into thin rope about 14 inches long.
- ☐ Place on cookie sheets.
- ☐ Brush with egg white; sprinkle with additional ground black and red peppers if desired.
- ☐ Let stand 15 minutes.

Bake 25 to 35 minutes or until golden brown and crisp. Cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:11.32, Inflammation Score:-4, Nutrition Score:8.3073913429094%

Nutrients (% of daily need)

Calories: 109.93kcal (5.5%), Fat: 3.01g (4.62%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.07g (5.84%), Sugar: 1.46g (1.63%), Cholesterol: 2.13mg (0.71%), Sodium: 209.94mg (9.13%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.9g (7.81%), Vitamin B6: 0.49mg (24.37%), Folate: 93.75µg (23.44%), Manganese: 0.43mg (21.51%), Vitamin B1: 0.28mg (18.51%), Vitamin B2: 0.23mg (13.49%), Vitamin B12: 0.77µg (12.8%), Selenium: 7.49µg (10.7%), Vitamin B3: 1.82mg (9.09%), Phosphorus: 90.02mg (9%), Iron: 1.58mg (8.78%), Fiber: 1.85g (7.39%), Calcium: 56.42mg (5.64%), Magnesium: 20.82mg (5.21%), Zinc: 0.75mg (4.99%), Copper: 0.07mg (3.75%), Vitamin E: 0.33mg (2.19%), Vitamin A: 105.88IU (2.12%), Potassium: 73.11mg (2.09%), Vitamin B5: 0.2mg (2.01%), Vitamin K: 1.59µg (1.52%), Vitamin C: 1.04mg (1.26%), Vitamin D: 0.18µg (1.21%)