



## Prussian Leaf-Wrapped Breadsticks

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 12 young beet leaves trimmed (6-8 inches long)
- ☐ 1.3 cups bread flour divided
- ☐ 2 tablespoons butter melted
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup warm water (100° to 110°)

## Equipment

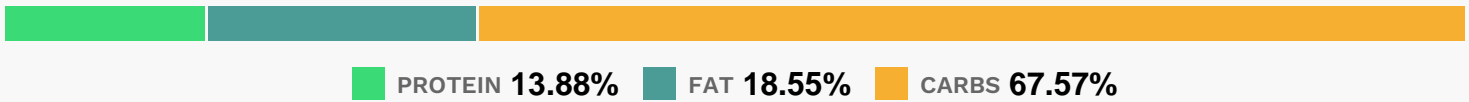
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

## Directions

- ☐ Wash beet leaves. Pat leaves dry and set aside.
- ☐ Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Stir in buttermilk and 1/2 teaspoon salt. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 1 cup bread flour and all-purpose flour to buttermilk mixture; stir to form a soft dough. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining bread 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, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ Roll dough into a 12 x 4-inch rectangle on a lightly floured surface.
- ☐ Cut rectangle crosswise into 12 (1-inch) strips. Working with 1 portion at a time (cover remaining dough to prevent drying), wrap a leaf around middle of each dough strip, starting with the stem end. (Ends of breadsticks should not be covered by leaf.)
- ☐ Place breadsticks, leaf tips down, on a baking sheet covered with parchment paper.
- ☐ Brush the breadsticks with melted butter; sprinkle with kosher salt. Cover and let rise 45 minutes or until doubled in size.

- ☐
- Preheat oven to 37
- ☐
- Bake breadsticks at 375 for 35 minutes or until browned on bottom and lightly browned on top.
- ☐
- Remove from pan; cool on a wire rack.
- ☐
- Serve with the sour cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:11.87, Inflammation Score:-9, Nutrition Score:13.037826027559%

## Nutrients (% of daily need)

Calories: 115.91kcal (5.8%), Fat: 2.41g (3.71%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 17.6g (6.4%), Sugar: 0.74g (0.82%), Cholesterol: 5.42mg (1.81%), Sodium: 310.57mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 152.25µg (145%), Vitamin A: 2467.15IU (49.34%), Manganese: 0.33mg (16.26%), Vitamin C: 11.5mg (13.94%), Selenium: 9.31µg (13.3%), Vitamin B1: 0.2mg (13.19%), Folate: 43.28µg (10.82%), Vitamin B2: 0.18mg (10.73%), Potassium: 335mg (9.57%), Iron: 1.6mg (8.87%), Fiber: 2.16g (8.63%), Magnesium: 33.68mg (8.42%), Calcium: 60.63mg (6.06%), Copper: 0.12mg (5.81%), Vitamin B3: 1.14mg (5.69%), Phosphorus: 52.64mg (5.26%), Vitamin E: 0.69mg (4.58%), Vitamin B6: 0.06mg (3.1%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.42mg (2.8%)