



Quick Breadsticks

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup quick-cooking cream of wheat uncooked
- ☐ 1 egg white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup nonfat buttermilk
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vegetable oil

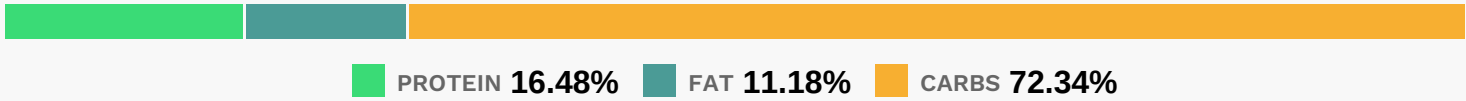
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Stir together first 7 ingredients just until blended.
- ☐ Spoon batter evenly into a cast-iron corn stick pan coated with cooking spray (filling to top).
- ☐ Bake at 450 for 20 to 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:4.5, Inflammation Score:-1, Nutrition Score:4.6865217113948%

Nutrients (% of daily need)

Calories: 88.41kcal (4.42%), Fat: 1.08g (1.66%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.05g (5.47%), Sugar: 1.59g (1.76%), Cholesterol: 0.59mg (0.2%), Sodium: 271.84mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Iron: 4.06mg (22.55%), Calcium: 126.32mg (12.63%), Vitamin B1: 0.17mg (11.37%), Vitamin B3: 1.95mg (9.73%), Manganese: 0.19mg (9.72%), Selenium: 5.56µg (7.95%), Folate: 27.53µg (6.88%), Vitamin B2: 0.12mg (6.82%), Phosphorus: 52.68mg (5.27%), Vitamin B6: 0.05mg (2.68%), Fiber: 0.67g (2.67%), Magnesium: 7.2mg (1.8%), Copper: 0.03mg (1.71%), Vitamin K: 1.58µg (1.5%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.11mg (1.07%)