



## Salt and Pepper Grissini

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 large egg whites with 1 teaspoon water lightly beaten
- 0.3 cup flour all-purpose
- 1 teaspoon pepper black
- 1.5 teaspoons kosher salt
- 0.3 cup buttermilk low-fat well-shaken
- 0.3 cup rye flour

- 0.5 teaspoon sugar
- 2 teaspoons butter unsalted cooled melted

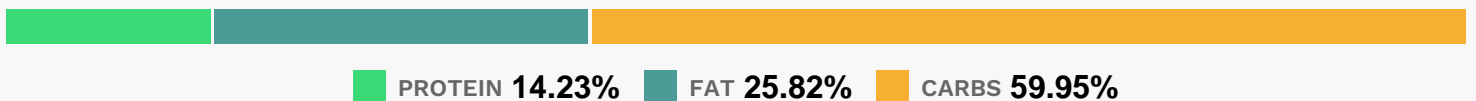
## Equipment

- baking sheet
- oven
- whisk

## Directions

- Whisk together flours, baking powder, baking soda, sugar, and 1/4 teaspoon kosher salt, then stir in buttermilk and butter with a fork.
- Transfer to a lightly floured surface and gently knead 5 or 6 times.
- Preheat oven to 350°F.
- Form dough into a log and cut into 16 pieces.
- Roll each piece into a 10-inch-long rope (if dough sticks, lightly flour work surface) and arrange 1/2 inch apart on 2 parchment-lined large baking sheets.
- Brush breadsticks with beaten egg white and sprinkle with pepper and remaining kosher salt (to taste).
- Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden and crisp, 20 to 22 minutes total.
- Transfer to racks to cool.
- Grissini can be made 1 day ahead and kept in an airtight container at room temperature.
- Each serving (2 breadsticks) contains about 42 calories and 1 gram fat.
- Gourmet

## Nutrition Facts



## Properties

Glycemic Index:16.82, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:0.82217392131038%

## Nutrients (% of daily need)

Calories: 20.59kcal (1.03%), Fat: 0.6g (0.92%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.34g (0.38%), Cholesterol: 1.49mg (0.5%), Sodium: 257.5mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Manganese: 0.07mg (3.43%), Selenium: 1.39µg (1.99%), Vitamin B2: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.43%), Calcium: 13.35mg (1.34%), Phosphorus: 12.43mg (1.24%), Folate: 4.43µg (1.11%), Fiber: 0.27g (1.09%)