



Savory Breadsticks



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1371 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons sea salt
- ☐ 1 egg white beaten
- ☐ 1.5 teaspoons thyme leaves fresh finely chopped
- ☐ 1 tablespoon lemon zest freshly grated
- ☐ 1 sheet puff pastry frozen

Equipment

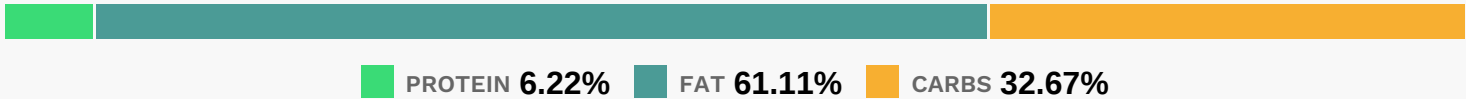
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ pizza cutter

Directions

- ☐ Preheat oven to 37
- ☐ Thaw 1 sheet puff pastry dough according to package directions, and place it on a lightly floured work surface.
- ☐ Brush pastry with beaten egg white, then sprinkle with lemon zest, chopped fresh thyme, and sea salt.
- ☐ Cut into 1/2-inch-wide strips with a pizza cutter; transfer to a parchment paper-lined baking sheet.
- ☐ Bake for 14–15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:59.96, Inflammation Score:-10, Nutrition Score:24.44695640906%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg

Nutrients (% of daily need)

Calories: 1371.4kcal (68.57%), Fat: 93.46g (143.79%), Saturated Fat: 23.64g (147.76%), Carbohydrates: 112.41g (37.47%), Net Carbohydrates: 107.68g (39.16%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 4148.7mg (180.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.82%), Selenium: 65.34µg (93.34%), Vitamin B1: 0.98mg (65.42%), Manganese: 1.26mg (62.97%), Vitamin B3: 10.32mg (51.61%), Vitamin B2: 0.84mg (49.65%), Folate: 194.43µg (48.61%), Iron: 6.9mg (38.32%), Vitamin K: 39.44µg (37.57%), Fiber: 4.73g (18.92%), Copper: 0.31mg (15.55%), Phosphorus: 155.4mg (15.54%), Vitamin C: 12.54mg (15.2%), Magnesium: 48.29mg (12.07%), Zinc: 1.39mg (9.24%), Vitamin E: 1.34mg (8.92%), Potassium: 226.94mg (6.48%), Calcium: 48.95mg (4.89%), Vitamin B6: 0.07mg (3.69%), Vitamin A: 147.98IU (2.96%)