



Sesame-Sea Salt Breadsticks



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 1.3 teaspoons fleur del sel divided
- ☐ 2.5 cups flour all-purpose divided ()
- ☐ 3 tablespoons sesame seed toasted
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup warm water (100° to 110°)
- ☐ 1 tablespoon cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ rolling pin
- ☐ measuring cup

Directions

- ☐ Dissolve sugar and yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Stir in 1/4 teaspoon salt. Lightly spoon flour into dry measuring cups and spoons; level with a knife.
- ☐ Add 2 cups plus 2 tablespoons flour and sesame seeds; stir to form a soft dough. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining 1/2 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ 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, 45 minutes 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.
- ☐ Preheat oven to 37
- ☐ Divide dough into 4 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll portion into a 10 x 5-inch rectangle on a floured surface.
- ☐ Sprinkle with 1/4 teaspoon salt; gently roll salt into dough with a rolling pin.
- ☐ Cut dough into 8 (10-inch-long) strips. Gently pick up both ends of each strip; gently twist dough.
- ☐ Place dough twists 1 inch apart on baking sheets coated with cooking spray and sprinkled with cornmeal. Repeat procedure three more times with remaining dough and remaining 3/4 teaspoon salt.
- ☐ Bake at 375 for 12 minutes or until lightly browned on bottom.
- ☐ Remove from pan; cool on wire racks.

Nutrition Facts



 PROTEIN **12.12%**  FAT **10.89%**  CARBS **76.99%**

Properties

Glycemic Index:7.77, Glycemic Load:5.6, Inflammation Score:-1, Nutrition Score:1.9195652381396%

Nutrients (% of daily need)

Calories: 42kcal (2.1%), Fat: 0.5g (0.77%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.57g (2.75%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 91.61mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin B1: 0.11mg (7.17%), Folate: 23.82µg (5.96%), Selenium: 3.61µg (5.15%), Manganese: 0.09mg (4.4%), Vitamin B3: 0.71mg (3.53%), Vitamin B2: 0.06mg (3.48%), Iron: 0.58mg (3.21%), Copper: 0.05mg (2.38%), Fiber: 0.44g (1.76%), Phosphorus: 17.36mg (1.74%), Magnesium: 5.31mg (1.33%), Zinc: 0.15mg (1.03%)