

Soft Breadsticks

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



14

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 teaspoons yeast dry
- 1 eggs
- 4.5 cups flour all-purpose
- 0.3 cup olive oil
- 14 servings seasoning shredded italian
- 1.5 teaspoons salt
- 1.5 teaspoons sugar
- 1 tablespoon water

- 2 cups water (110° to 115°)
- 0.8 cup flour whole wheat

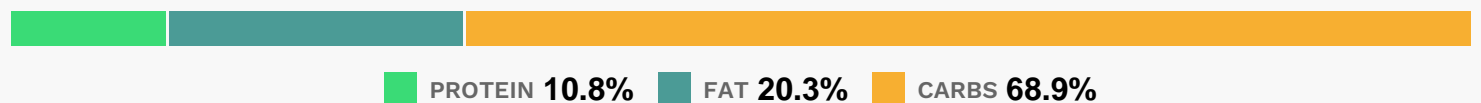
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- In a large bowl, dissolve yeast in warm water.
- Add sugar; let stand for 5 minutes. Stir in the oil, salt, whole wheat flour and enough all-purpose flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down.
- Let rest for 10 minutes. Divide into 14 portions.
- Roll each portion into a 9-in. x 1-in. rope.
- Place 1 in. apart on greased baking sheets. Cover and let rise for 20 minutes or until doubled.
- Whisk egg and water; brush over dough.
- Sprinkle with toppings if desired.
- Bake at 375° for 15–20 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:22.49, Inflammation Score:-4, Nutrition Score:9.2265218171574%

Nutrients (% of daily need)

Calories: 213.17kcal (10.66%), Fat: 4.81g (7.39%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 34.32g (12.48%), Sugar: 0.62g (0.68%), Cholesterol: 11.69mg (3.9%), Sodium: 256.97mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Manganese: 0.59mg (29.45%), Vitamin B1: 0.42mg (28.27%), Selenium: 18.66µg (26.66%), Folate: 95.8µg (23.95%), Vitamin B3: 3.01mg (15.04%), Vitamin B2: 0.26mg (15.03%), Iron: 2.56mg (14.21%), Fiber: 2.38g (9.51%), Vitamin K: 8.79µg (8.38%), Phosphorus: 78.29mg (7.83%), Vitamin E: 0.84mg (5.61%), Magnesium: 21.44mg (5.36%), Copper: 0.1mg (5.08%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.36mg (3.62%), Vitamin B6: 0.07mg (3.48%), Calcium: 27.39mg (2.74%), Potassium: 89.73mg (2.56%)