



## Thin Salt-and-Pepper Breadsticks



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 package active yeast dry
- ☐ 1 tbsp eggs beaten (from 1 large egg)
- ☐ 2.8 cups flour divided
- ☐ 1.3 teaspoons kosher salt medium-grain (see Notes)
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon coarse pepper black freshly ground
- ☐ 0.8 teaspoon salt

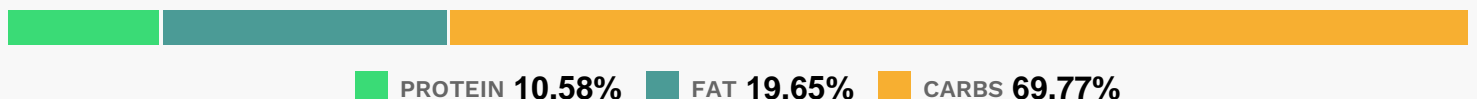
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ stand mixer

## Directions

- ☐ In the bowl of a stand mixer or a large mixing bowl, dissolve yeast in 1 cup warm water (110), about 5 minutes.
- ☐ Add table salt, olive oil, and 1 1/2 cups flour. Beat with a paddle attachment at medium speed or a wooden spoon until dough is stretchy, 1 to 2 minutes.
- ☐ Mix in enough additional flour to make a soft dough, a little more than 1 cup. Knead with a dough hook, or by hand on a floured work surface, adding flour as needed to prevent sticking, until dough is smooth, springy, and no longer sticky, 8 to 12 minutes.
- ☐ Sprinkle a 10-in.-square work surface with 1/4 cup flour and turn dough out onto it. Pat dough into an even 6-in. square. Loosely cover with a towel and let stand until puffy, 45 to 50 minutes.
- ☐ Preheat oven to 35
- ☐ Line 2 rimmed baking sheets (each 12 by 17 in.) with parchment paper. With a sharp knife, cut dough vertically into 4 strips. Working with 1 quarter at a time, cut vertically again into 8 pieces, sprinkling knife with flour if dough sticks. Pick up 1 piece and stretch it to the length of the pan, then set in pan. Repeat with remaining pieces, arranging them slightly apart.
- ☐ Gently brush breadsticks with egg to coat, then sprinkle with sel gris and pepper.
- ☐ Bake breadsticks until golden and crisp in thickest parts, 45 to 50 minutes; halfway through, gently separate any stuck-together breadsticks, and switch pan positions if using 1 oven.

## Nutrition Facts



# Properties

Glycemic Index:3.34, Glycemic Load:5.94, Inflammation Score:-1, Nutrition Score:1.8304347622654%

## Nutrients (% of daily need)

Calories: 48.36kcal (2.42%), Fat: 1.04g (1.6%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.97g (2.9%), Sugar: 0.03g (0.03%), Cholesterol: 1.72mg (0.57%), Sodium: 146.35mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin B1: 0.11mg (7.24%), Folate: 25µg (6.25%), Selenium: 3.8µg (5.43%), Manganese: 0.08mg (4.12%), Vitamin B2: 0.06mg (3.77%), Vitamin B3: 0.72mg (3.62%), Iron: 0.52mg (2.91%), Fiber: 0.36g (1.46%), Phosphorus: 14.01mg (1.4%)