



Twisted Fennel and Coarse Salt Breadsticks

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 1 egg white lightly beaten
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 1 tablespoon fennel seeds
- ☐ 12.3 ounces flour all-purpose
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup warm milk fat-free (100° to 110°)
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water
- ☐ 0.5 cup cornmeal yellow

Equipment

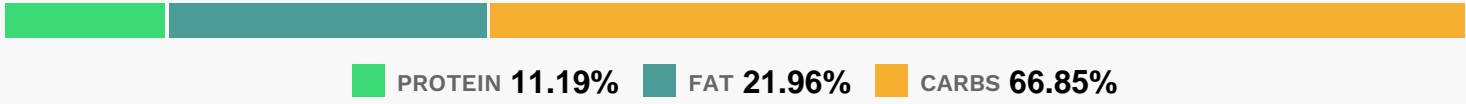
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Dissolve sugar and yeast in warm milk in a bowl; let stand 5 minutes. Stir in olive oil.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 2 1/2 cups flour, cornmeal, and salt in a large bowl.
- ☐ Add yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (the 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, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Line 2 baking sheets with parchment paper. Punch dough down; turn out onto a lightly floured surface. Divide dough into 24 equal portions. Working with 1 portion at a time (cover remaining portions to prevent drying), shape each portion into a 9-inch rope. Twist two ropes together; pinch ends to seal.
- ☐ Place on prepared baking sheets. Repeat with remaining dough. Cover dough, and let rise 30 minutes or until doubled in size.
- ☐ Preheat oven to 42
- ☐ Combine water and egg white in a small bowl.

- ☐
- Combine fennel seeds and kosher salt in another bowl.
- ☐
- Brush the breadsticks with egg white mixture, and sprinkle evenly with fennel seed mixture.
- ☐
- Bake at 425 for 15 minutes or until puffed and lightly golden. Cool on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:20, Inflammation Score:-4, Nutrition Score:6.6199999892193%

Nutrients (% of daily need)

Calories: 178.15kcal (8.91%), Fat: 4.32g (6.64%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 27.81g (10.11%), Sugar: 2.23g (2.48%), Cholesterol: 0.61mg (0.2%), Sodium: 450.28mg (19.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin B1: 0.33mg (21.76%), Folate: 69.73µg (17.43%), Selenium: 11.24µg (16.05%), Manganese: 0.28mg (13.89%), Vitamin B2: 0.21mg (12.54%), Vitamin B3: 2.18mg (10.88%), Iron: 1.68mg (9.34%), Phosphorus: 74.75mg (7.47%), Fiber: 1.77g (7.06%), Magnesium: 18.49mg (4.62%), Calcium: 38.4mg (3.84%), Zinc: 0.57mg (3.79%), Vitamin B6: 0.08mg (3.75%), Vitamin E: 0.55mg (3.64%), Copper: 0.07mg (3.37%), Vitamin B5: 0.32mg (3.23%), Potassium: 104.87mg (3%), Vitamin K: 2.21µg (2.1%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.22µg (1.5%)