



Witch's Finger Bread Sticks with Maple Mustard Dip



Vegetarian



Dairy Free

READY IN



300 min.

SERVINGS



51

CALORIES



60 kcal

BREAD

Ingredients

- ☐ 0.3 ounce yeast dry
- ☐ 0.5 tablespoon sea salt
- ☐ 0.5 cup dijon mustard coarse-grain
- ☐ 1 large water with 1 tablespoon water (egg wash) beaten
- ☐ 4 cups flour all-purpose
- ☐ 10 drops drop natural food coloring green
- ☐ 1 tablespoon maple syrup

- ☐ 0.5 cup mayonnaise
- ☐ 48 almonds sliced
- ☐ 8 drops food coloring red with 1/4 teaspoon water diluted
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 1.5 cups water (105°F to 115°F)

Equipment

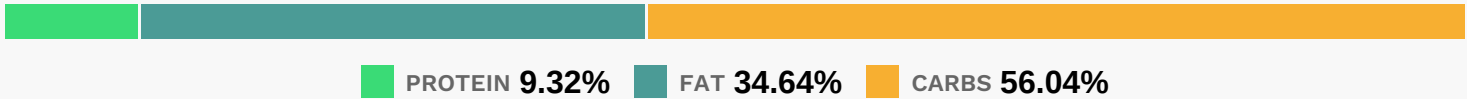
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ ziploc bags
- ☐ kitchen towels

Directions

- ☐ Stir together water, sugar, and yeast in the bowl of an electric mixer fitted with a paddle attachment until sugar is dissolved; let stand until yeast bubbles, about 5 minutes.
- ☐ Beat in 1 cup of flour on low speed until combined.
- ☐ Clean dough from paddle, then attach dough hook.
- ☐ Add 1 1/2 teaspoons salt and 2 1/2 cups flour to mixture and beat until dough pulls away from the side of the bowl, about 3 minutes. (If dough is too sticky, add enough of 1/2 cup remaining flour, 1 tablespoon at a time, until dough is no longer sticky.)
- ☐ Oil a large bowl and transfer dough to bowl, then turn dough over to coat it with oil. Cover bowl with a dry towel, then let dough rise in a draft-free place at warm room temperature until it is double in size, about 1 hour.

- ☐ While dough is rising, place green food coloring in a small bowl, and using a paintbrush, paint one side of the almond slices or the rounded side of the peanut halves.
- ☐ Heat oven to 450°F with rack in middle. Line 2 large baking sheets with parchment paper.
- ☐ Divide dough into quarters. Work with 1 piece at a time, and keep remaining dough covered.
- ☐ Roll one quarter into a 12-inch log, then cut it into 12 (1-inch) pieces.
- ☐ Dust work surface with additional flour, if necessary, to facilitate rolling.
- ☐ Roll and stretch each piece into a craggy 5-inch "finger."
- ☐ Transfer fingers to baking sheets and let stand at warm room temperature, loosely covered with a smooth kitchen towel, until fingers are slightly puffed, 15 minutes.
- ☐ Pinch top of fingers to look like knuckles, then lightly score each knuckle with a sharp knife.
- ☐ Brush fingers with egg wash, then press on nails. With cleaned paintbrush, dab a little red color around the cuticles.
- ☐ Sprinkle fingers all over with pretzel or coarse sea salt.
- ☐ Bake fingers until deep golden, about 15 minutes (form more fingers while first batch is baking).
- ☐ Transfer to a rack to cool.
- ☐ Repeat forming and baking in batches with remaining dough.
- ☐ Whisk together mayonnaise, mustard, and maple syrup until combined. Refrigerate until ready to use.
- ☐ •Witch's Finger Bread Sticks are best eaten the day they are made, but they can be made 1 day ahead and kept, tightly wrapped, in a resealable plastic bag, or frozen 1 week.
- ☐ Remove from bag and rewarm on a baking sheet in a 350°F oven before eating.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:5.7, Inflammation Score:-1, Nutrition Score:2.1921738771641%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.97kcal (3%), Fat: 2.3g (3.54%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.86g (2.86%), Sugar: 0.58g (0.65%), Cholesterol: 0.92mg (0.31%), Sodium: 178.27mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Vitamin B1: 0.1mg (6.62%), Selenium: 4.26µg (6.08%), Folate: 21.89µg (5.47%), Manganese: 0.11mg (5.43%), Vitamin B2: 0.07mg (4.22%), Vitamin K: 3.65µg (3.47%), Vitamin B3: 0.68mg (3.41%), Iron: 0.54mg (2.99%), Vitamin E: 0.33mg (2.18%), Fiber: 0.52g (2.1%), Phosphorus: 19.1mg (1.91%), Magnesium: 6.13mg (1.53%), Copper: 0.03mg (1.4%)