



Yogurt-Rye Breadsticks

READY IN



45 min.

SERVINGS



16

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 package active yeast dry
- ☐ 1 tablespoon bread flour
- ☐ 2.5 cups bread flour divided
- ☐ 1 teaspoon caraway seeds
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- ☐ 1 egg white
- ☐ 2 tablespoons butter softened
- ☐ 0.8 cup nonfat yogurt plain
- ☐ 1 cup rye flour

- ☐ 1 teaspoon salt
- ☐ 1.5 tablespoons sugar
- ☐ 1 cup warm water (105° to 115°)
- ☐ 1 tablespoon water
- ☐ 1 tablespoon cornmeal yellow

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Combine first 3 ingredients in a 1-cup liquid measuring cup; let stand 5 minutes.
- ☐ Combine yeast mixture, 2 cups bread flour, rye flour, cornmeal, and salt in a large mixing bowl; beat at medium speed of an electric mixer until ingredients are well blended.
- ☐ Add yogurt, margarine, and 1 1/2 teaspoons caraway seeds; mix well. Gradually stir in enough of remaining 1/2 cup bread flour to make a soft dough.
- ☐ Sprinkle 1 tablespoon bread flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 8 minutes).
- ☐ Place 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 bulk.
- ☐ Punch dough down, and divide into 16 equal portions; shape each portion into a 16-inch rope.
- ☐ Place on baking sheets coated with cooking spray.
- ☐ Cover and let rise in a warm place, free from drafts, 15 minutes or until puffy.
- ☐ Combine egg white and 1 tablespoon water; brush breadsticks evenly with mixture.
- ☐ Sprinkle evenly with 1 teaspoon caraway seeds.
- ☐ Bake at 400 for 17 to 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:17.04, Glycemic Load:10.44, Inflammation Score:-1, Nutrition Score:3.8173912821904%

Nutrients (% of daily need)

Calories: 123.52kcal (6.18%), Fat: 1.98g (3.05%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 20.59g (7.49%), Sugar: 2.16g (2.4%), Cholesterol: 0.23mg (0.08%), Sodium: 175.43mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Manganese: 0.32mg (16.13%), Selenium: 9.75µg (13.93%), Fiber: 1.53g (6.11%), Vitamin B1: 0.09mg (6.08%), Phosphorus: 58.4mg (5.84%), Folate: 20.71µg (5.18%), Vitamin B2: 0.07mg (4.38%), Copper: 0.07mg (3.43%), Magnesium: 13.32mg (3.33%), Zinc: 0.49mg (3.29%), Calcium: 30.93mg (3.09%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.26mg (2.6%), Potassium: 87.35mg (2.5%), Iron: 0.43mg (2.41%), Vitamin B6: 0.04mg (2.11%), Vitamin E: 0.24mg (1.57%), Vitamin A: 64.94IU (1.3%), Vitamin B12: 0.07µg (1.23%)