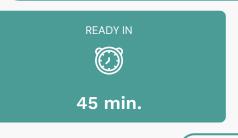


# **Yogurt-Rye Breadsticks**







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
1.5 teaspoons caraway seeds
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 11/2 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**

PROTEIN 13.83% FAT 14.45% CARBS 71.72%

#### **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%)