

# Grissini Italian Breadsticks

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-breadsticks-recipe>

## Ingredients:

- 1/2 cup water tepid
- 1/2 teaspoon salt
- 1/2 teaspoon honey
- 1 3/4 cups all purpose flour
- 1 teaspoon active dry yeast not instant
- 2 1/4 tablespoons olive oil

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 43 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 1 grams

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