

Bread Sticks

*Green Gate Village Inn - St. George, UT
The Great Country Inns of America Cookbook (2nd ed) (1992)*

*1 1/2 cups hot water
2 tablespoons sugar
1 heaping tablespoon active dry yeast
3 cups flour
1 1/2 teaspoons salt
1/2 cup butter or margarine
cinnamon sugar
herb salt
pizza salt
grated Parmesan cheese
Italian blend seasonings*

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In a bowl, combine the hot water and sugar. Let cool to a warm temperature. Add the yeast. Then add the flour and salt. Mix well and knead for 3 minutes. Let the dough rest for 10 minutes.

Melt the butter. Roll the dough into a rectangle on a floured board. Cut into 1/2 to 1-inch strips. Fold each strip in half (and in half again, if you wish) and twist several times. Dip into the melted butter and place on a greased baking sheet. Sprinkle with one of the toppings.

Let rise for 15 to 20 minutes.

Bake at 350 degrees until golden, 12 to 15 minutes.

Per Serving (excluding unknown items): 2295 Calories; 96g Fat (37.7% calories from fat); 42g Protein; 314g Carbohydrate; 13g Dietary Fiber; 248mg Cholesterol; 4156mg Sodium. Exchanges: 19 Grain(Starch); 1/2 Lean Meat; 18 1/2 Fat; 1 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2295	Vitamin B6 (mg):	.3mg
% Calories from Fat:	37.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	54.9%	Thiamin B1 (mg):	3.1mg
% Calories from Protein:	7.4%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	96g	Folacin (mcg):	264mcg
Saturated Fat (g):	58g	Niacin (mg):	25mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	248mg
Carbohydrate (g):	314g
Dietary Fiber (g):	13g
Protein (g):	42g
Sodium (mg):	4156mg
Potassium (mg):	571mg
Calcium (mg):	116mg
Iron (mg):	19mg
Zinc (mg):	3mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	3468IU
Vitamin A (r.e.):	858 1/2RE

% Refuse:

Food Exchanges

Grain (Starch):	19
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Amount Per Serving

Calories 2295 Calories from Fat: 866

% Daily Values*

Total Fat 96g	148%
Saturated Fat 58g	289%
Cholesterol 248mg	83%
Sodium 4156mg	173%
Total Carbohydrates 314g	105%
Dietary Fiber 13g	51%
Protein 42g	
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Vitamin A	69%
Vitamin C	0%
Calcium	12%
Iron	104%

** Percent Daily Values are based on a 2000 calorie diet.*