

# Italian Bread Balls

These classic Italian bread balls with soft and fluffy interiors are great as a snack to nibble on. Serve with antipasti and dipping sauce for a scrumptious accompaniment to an Italian meal.

## For Breadstick Dough

### INGREDIENTS

	Quantity (g)	Usage Level
Bread Flour	570	51.4
Instant Yeast	12	1.1
Granulated Sugar	15	1.4
<b>U.S. Permeate</b>	<b>75</b>	<b>6.8</b>
<b>U.S. Parmesan Cheese</b>	<b>50</b>	<b>4.5</b>
Bread Improver	3	0.3
Olive Oil	35	3.2
Water	350	31.5
<b>Total</b>	<b>1110</b>	<b>100</b>

## For the Toppings on each Bread Ball

### INGREDIENTS

	Quantity (g)	Usage Level
Olive Oil	100	92.6
Italian Herbs & Seasoning	8	7.4
<b>Total</b>	<b>108</b>	<b>100</b>

### TIPS

- Dough can be used as pizza base or breadstick (with or without stuffed string cheese).

### PREPARATION

- Combine bread flour, permeate, water, sugar, yeast and olive oil. Mix on low speed for approximately 3 minutes. Increase speed to medium and continue mixing for a further 6 to 8 minutes.
- Transfer the dough into an oiled bowl. Cover and let it rise till it doubles in size for about 60 minutes.
- Punch down the risen dough and turn dough out onto countertop and fold 2 - 3 times. Cover loosely and let it rest for 10 to 15 minutes at room temperature.
- Divide into dough balls of 20g each.
- Let it rest and rise for about 30 minutes.
- Bake dough balls at 200°C for about 15-18 minutes, or until tops are golden brown.
- In a small bowl, combine olive oil with Italian herbs & seasoning. Mix until well combined.
- Gently brush the top of each bread ball with the oil & herb mixture.



### BENEFIT OF USING U.S. PERMEATE

- Contributes to browning and a softer texture in bread products.

### NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	316kcal
<b>Total Fat</b>	8.7g
Saturated Fat	1.6g
Trans Fat	0.0g
Cholesterol	0.0mg
<b>Total Carbohydrates</b>	50.0g
Dietary Fiber	1.0g
Sugars	5.5g
<b>Protein</b>	9.4g
Calcium	50.5mg
Magnesium	13.5mg
Phosphorus	98.6mg
Potassium	149mg
Sodium	120mg
Iron	0.8mg
Vitamin A	0IU
Vitamin C	1.7mg

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.