



Asiago Bagels

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 2 packages active yeast dry
- ☐ 1 large egg yolk
- ☐ 6 cups flour all-purpose
- ☐ 0.3 pound parmesan cheese
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons sugar

Equipment

- ☐ food processor

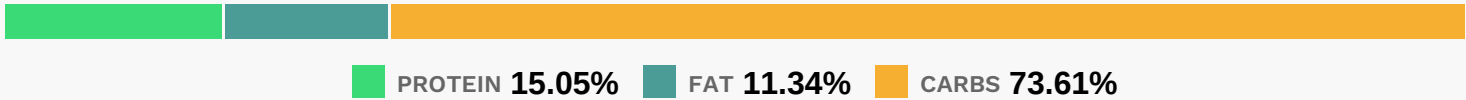
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Combine yeast and 2 cups warm (11
- ☐ water in a large bowl; let stand 5 minutes. Stir in sugar, salt, and 5 1/2 cups flour until moistened.
- ☐ Spread 1/2 cup flour on a board and scrape dough onto it. Knead dough until very smooth and elastic, 10 to 15 minutes; add more flour as required to prevent sticking.
- ☐ Place dough in a lightly oiled bowl, cover with plastic wrap, and let rise in a warm place until almost doubled, about 40 minutes.
- ☐ When dough is almost risen, bring 3 quarts water to boiling in a covered 4- to 5-quart pan over high heat.
- ☐ Meanwhile, knead dough on a lightly floured board to expel air, then divide into 12 equal pieces. To shape bagels, knead each piece into a smooth ball. Holding the ball with both hands, poke your thumbs through the center to form a hole. With 1 thumb in the hole, work around the bagel to make it smooth and evenly thick.
- ☐ Set bagels on lightly floured 12- by 15-inch baking sheets; let stand, covered with plastic wrap, just until they are slightly puffy, about 10 minutes.
- ☐ With your hand, gently slip bagels into boiling water, adding 4 at a time to pan. Adjust heat to maintain a gentle boil and turn bagels often until they feel firm but are still slightly spongy, 3 to 5 minutes. Chill remaining bagels until you are ready to boil them.
- ☐ With a slotted spoon, transfer bagels to a towel; drain briefly, then place bagels slightly apart on 2 lightly oiled 12- by 15-inch baking sheets.
- ☐ In a food processor or with a knife, coarsely chop cheese.
- ☐ Beat egg yolk to blend with 1 tablespoon water and brush mixture over bagels. Then pat cheese onto bagels, pressing gently to make the cheese stick.

- ☐ Bake bagels in a 375 oven until browned, 30 to 35 minutes. Cool on racks.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:36.68, Inflammation Score:-5, Nutrition Score:11.385217258464%

Nutrients (% of daily need)

Calories: 284.45kcal (14.22%), Fat: 3.53g (5.43%), Saturated Fat: 1.79g (11.22%), Carbohydrates: 51.52g (17.17%), Net Carbohydrates: 49.52g (18.01%), Sugar: 3.25g (3.61%), Cholesterol: 21.73mg (7.24%), Sodium: 444.63mg (19.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Vitamin B1: 0.63mg (41.68%), Folate: 144.4µg (36.1%), Selenium: 24.22µg (34.6%), Vitamin B2: 0.39mg (23.23%), Manganese: 0.43mg (21.67%), Vitamin B3: 4.18mg (20.92%), Iron: 3.05mg (16.92%), Phosphorus: 146.04mg (14.6%), Calcium: 123.65mg (12.36%), Fiber: 2g (8.01%), Zinc: 0.82mg (5.49%), Vitamin B5: 0.52mg (5.16%), Copper: 0.1mg (4.98%), Magnesium: 18.62mg (4.65%), Vitamin B6: 0.06mg (2.93%), Potassium: 88.37mg (2.52%), Vitamin B12: 0.14µg (2.36%), Vitamin A: 94.23IU (1.88%)