



## Bagels



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 12 ounce beer divided canned (such as Newcastle Brown Ale)
- ☐ 21.5 ounces bread flour divided
- ☐ 1 teaspoon brown sugar
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 large egg whites lightly beaten
- ☐ 1 large egg yolk
- ☐ 1 teaspoon cornmeal yellow stone-ground
- ☐ 1 teaspoon poppy seeds

- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon sesame seed
- ☐ 1 cup water
- ☐ 1 teaspoon water
- ☐ 4 cups water

## Equipment

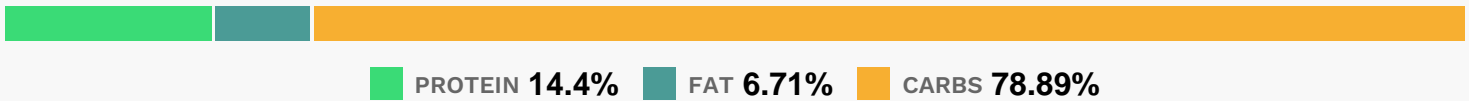
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ Heat 1/2 cup beer and 1 cup water over low heat in a small, heavy saucepan to between 100 and 11
- ☐ Combine beer mixture and yeast in a large bowl, stirring until yeast dissolves.
- ☐ Let stand 5 minutes. Stir in egg white.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 4 1/4 cups flour and salt to beer mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough 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 and 15 minutes or until doubled in size. (Gently

- press two fingers into dough. If an indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ Turn dough out onto a lightly floured surface. Divide dough into 10 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), shape each portion into a ball. Make a hole in the center of each ball using your index finger. Using fingers of both hands, gently pull dough away from center to make a 1 1/2-inch hole.
  - ☐ Place bagels on a baking sheet coated with cooking spray.
  - ☐ Lightly coat bagels with cooking spray; cover with plastic wrap.
  - ☐ Let rise 10 minutes (bagels will rise only slightly).
  - ☐ Preheat oven to 40
  - ☐ Combine remaining beer, 4 cups water, and sugar in a Dutch oven. Bring to a boil; reduce heat, and simmer. Gently lower 1 bagel into simmering beer mixture. Cook 30 seconds. Turn bagel with a slotted spoon; cook an additional 30 seconds.
  - ☐ Transfer bagel to a wire rack lightly coated with cooking spray. Repeat procedure with remaining bagels.
  - ☐ Place bagels on a baking sheet sprinkled with cornmeal.
  - ☐ Combine 1 teaspoon water and egg yolk in a small bowl; stir with a fork until blended.
  - ☐ Brush bagels with yolk mixture; sprinkle with sesame and poppy seeds.
  - ☐ Bake at 400 for 17 minutes or until golden.
  - ☐ Transfer to a wire rack to cool.

## Nutrition Facts



## Properties

Glycemic Index:21.6, Glycemic Load:29.22, Inflammation Score:-3, Nutrition Score:6.3560868790778%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 249.14kcal (12.46%), Fat: 1.76g (2.7%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 44.71g (16.26%), Sugar: 0.62g (0.69%), Cholesterol: 18.36mg (6.12%), Sodium: 364.21mg (15.84%), Alcohol: 1.33g (100%), Alcohol %: 0.76% (100%), Protein: 8.48g (16.96%), Selenium: 26.2µg (37.42%), Manganese: 0.52mg (25.82%), Folate: 41.66µg (10.42%), Vitamin B1: 0.14mg (9.02%), Phosphorus: 79.8mg (7.98%), Copper: 0.15mg (7.54%), Fiber: 1.75g (7.01%), Vitamin B2: 0.1mg (5.74%), Vitamin B3: 1.09mg (5.43%), Magnesium: 21.3mg (5.32%), Zinc: 0.68mg (4.5%), Vitamin B5: 0.44mg (4.35%), Iron: 0.69mg (3.83%), Vitamin B6: 0.06mg (2.92%), Potassium: 88.39mg (2.53%), Calcium: 23.53mg (2.35%), Vitamin E: 0.29mg (1.96%)