



Benne Seed Soft Pretzels

READY IN



130 min.

SERVINGS



35

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 teaspoons sea salt
- ☐ 1 pound bakery pizza dough fresh
- ☐ 2 tablespoons benne seeds (sesame)

Equipment

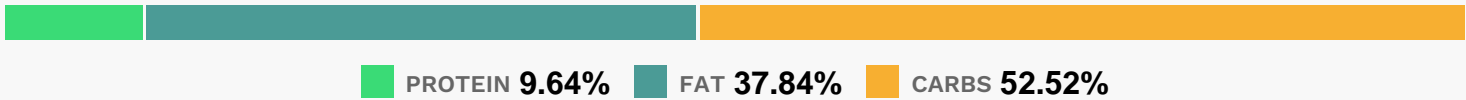
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Turn dough out onto a lightly floured surface, and knead until smooth (about 2 to 3 minutes).
- ☐ Place in a lightly greased bowl, turning to grease top. Cover dough with plastic wrap, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Divide dough into 8 equal pieces.
- ☐ Roll each piece into a 16-inch-long rope on lightly floured surface, keeping unused dough covered with a damp towel. (If dough does not stretch easily, cover and allow to rest 5 minutes.) Form each rope into a U-shape on a parchment paper-lined baking sheet. Fold or twist each end down diagonally, and tuck under dough, forming pretzel shape. Cover with a damp towel; let stand 15 minutes.
- ☐ Preheat oven to 42
- ☐ Fill a 3 1/2-qt. saucepan with water, and stir in baking soda; bring to a boil over medium-high heat. Reduce heat to medium-low, and simmer. Gently lower 2 pretzels into simmering water mixture; cook 10 seconds on each side.
- ☐ Transfer to a lightly greased wire rack. Repeat procedure with remaining pretzels.
- ☐ Transfer pretzels to parchment paper-lined baking sheet.
- ☐ Brush generously with melted butter, and sprinkle with benne seeds and sea salt.
- ☐ Bake at 425 for 12 to 15 minutes or until golden brown and thoroughly cooked.

Nutrition Facts



Properties

Glycemic Index:1.43, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.19217391506485%

Nutrients (% of daily need)

Calories: 46.94kcal (2.35%), Fat: 2g (3.07%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.99g (2.18%), Sugar: 0.81g (0.9%), Cholesterol: 3.49mg (1.16%), Sodium: 518.43mg (22.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Iron: 0.35mg (1.95%)