



Best-Ever Soft Pretzels



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 1 env. active yeast dry
- ☐ 0.3 cup coarse salt
- ☐ 1 egg yolk
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water
- ☐ 1.5 cup very warm water

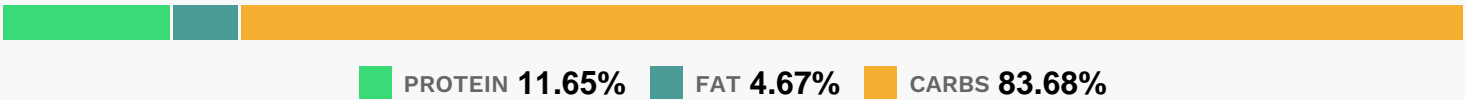
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, dissolve yeast in warm (11
- ☐ water in a large bowl. Stir in sugar and salt until dissolved.
- ☐ Add flour, mix well. Turn onto a floured surface, knead 5 minutes. Divide dough into 16 equal pieces.
- ☐ Roll into thin strips; shape into pretzels.
- ☐ Place on a well-greased baking sheet. Beat egg yolk with water, brush on pretzels.
- ☐ Sprinkle with salt; bake at 425 for 15 to 20 minutes, or until golden. Makes 16 pretzels.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:28.44, Inflammation Score:-3, Nutrition Score:7.3582610034424%

Nutrients (% of daily need)

Calories: 192.74kcal (9.64%), Fat: 0.98g (1.51%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 38.08g (13.85%), Sugar: 1.34g (1.49%), Cholesterol: 19.44mg (6.48%), Sodium: 3298.21mg (143.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin B1: 0.41mg (27.11%), Selenium: 17.98µg (25.69%), Folate: 96.47µg (24.12%), Manganese: 0.35mg (17.54%), Vitamin B2: 0.26mg (15.34%), Vitamin B3: 2.99mg (14.96%), Iron: 2.4mg (13.33%), Phosphorus: 61.66mg (6.17%), Fiber: 1.38g (5.51%), Copper: 0.08mg (4.12%), Magnesium: 11.6mg (2.9%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.41mg (2.74%), Potassium: 57.12mg (1.63%), Vitamin B6: 0.03mg (1.49%), Calcium: 13.01mg (1.3%)