



Cheesy Pretzels

READY IN



45 min.

SERVINGS



16

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup milk
- ☐ 2 ounces cheddar cheese shredded
- ☐ 2 tablespoons butter softened
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon salt
- ☐ 1 eggs
- ☐ 1 serving coarse salt

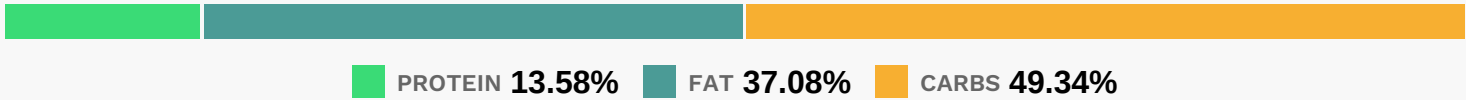
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 400°F. Grease cookie sheet.
- ☐ Mix all ingredients except egg and coarse salt in medium bowl with fork until soft dough forms. Smooth dough gently into ball on floured board. Knead 10 times. Divide dough in half.
- ☐ Roll half of dough into 12x8-inch rectangle.
- ☐ Cut rectangle lengthwise into eight 1-inch strips. Fold each strip lengthwise in half into 12x1/2-inch strip; pinch edges to seal. Twist each strip into pretzel shape.
- ☐ Place seam down on cookie sheet.
- ☐ Beat egg in small bowl with fork until blended.
- ☐ Brush pretzels with egg.
- ☐ Sprinkle lightly with coarse salt.
- ☐ Bake 15 to 20 minutes or until golden brown.
- ☐ Remove from cookie sheet to wire rack. Repeat with remaining half of dough.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:6.97, Inflammation Score:-2, Nutrition Score:2.9021739091562%

Nutrients (% of daily need)

Calories: 80.96kcal (4.05%), Fat: 3.32g (5.1%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.61g (3.49%), Sugar: 0.79g (0.88%), Cholesterol: 14.99mg (5%), Sodium: 258.14mg (11.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Selenium: 6.02µg (8.59%), Calcium: 70.86mg

(7.09%), Vitamin B1: 0.1mg (6.67%), Vitamin B2: 0.1mg (5.93%), Folate: 23.5µg (5.87%), Phosphorus: 55.96mg (5.6%), Manganese: 0.08mg (4.1%), Iron: 0.65mg (3.63%), Vitamin B3: 0.71mg (3.53%), Vitamin A: 129.43IU (2.59%), Vitamin B12: 0.12µg (1.98%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.15mg (1.48%), Magnesium: 5.28mg (1.32%), Fiber: 0.32g (1.27%), Vitamin D: 0.19µg (1.25%), Copper: 0.02mg (1.02%), Potassium: 35.19mg (1.01%)