



Chocolate-Coconut Pretzels

 Vegetarian  Dairy Free

READY IN



135 min.

SERVINGS



28

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons active yeast dry
- 1 tablespoon agave nectar
- 0.5 teaspoon ancho chile powder
- 2 cups coconut or shredded
- 2 large eggs
- 2.8 cups flour for dusting all-purpose plus more
- 0.3 teaspoon ground pepper
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 1 cup nutella softened
- 1 teaspoon sea salt
- 0.3 cup sugar
- 2.5 cups flour whole-wheat

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven

Directions

- Mix 1 1/2 cups warm water (110 degrees F to 115 degrees F), the yeast and agave in a bowl. Set aside 5 minutes.
- In a food processor fitted with the dough blade, pulse the whole-wheat flour, 2 cups all-purpose flour and the sea salt.
- Add 1 egg and the yeast mixture and pulse in 10-second intervals until the dough comes together, about 3 pulses. Turn out onto a floured board. Knead 10 to 12 times, adding up to 3/4 cup more flour if the dough is too sticky.
- Cut the dough into 4 equal portions; cover with a clean towel.
- On a floured board, roll out one piece of dough into a 14-by-11-inch rectangle, 1/4 inch thick, with a shorter side facing you.
- Spread 1/4 cup Nutella across the middle of the dough. Fold the bottom third of the dough over the Nutella, then sprinkle 1/2 cup coconut over the folded part. Fold the top third of the dough over the coconut. Reroll the dough into a 14-by-11-inch rectangle.
- Cut into seven 11-by-2-inch strips.
- One at a time, pinch the cut long edges of each strip together and roll into a 12-inch rope with your hands.

- Transfer the rope to a baking sheet lined with parchment paper. Grab the ends and bring them toward each other, forming a U shape, then cross the left end over the right end to make a pretzel shape. Cross the left end over the right again to make a twist in the middle.
- Repeat with the remaining 3 pieces of dough and the remaining Nutella and coconut, spacing the pretzels 3 inches apart. Set aside for 10 to 15 minutes; preheat the oven to 475 degrees F.
- Beat the remaining egg in a bowl.
- Mix the sugar, chile powder, cinnamon, cloves and cayenne in another bowl.
- Brush the pretzels with the egg; sprinkle with the spice mixture.
- Bake until browned, 16 to 18 minutes, checking on the pretzels every 5 minutes to avoid overbaking.
- Photograph by Victor Schrager

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:10.35, Inflammation Score:-2, Nutrition Score:6.8039130257524%

Nutrients (% of daily need)

Calories: 176.68kcal (8.83%), Fat: 5.86g (9.02%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 25.09g (9.12%), Sugar: 9.12g (10.14%), Cholesterol: 13.29mg (4.43%), Sodium: 94.93mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Manganese: 0.72mg (35.91%), Selenium: 12.9µg (18.43%), Vitamin B1: 0.19mg (12.61%), Fiber: 2.67g (10.69%), Folate: 37.12µg (9.28%), Iron: 1.65mg (9.14%), Phosphorus: 82.9mg (8.29%), Vitamin B2: 0.12mg (7.34%), Vitamin B3: 1.43mg (7.16%), Copper: 0.14mg (7.06%), Magnesium: 26.77mg (6.69%), Vitamin E: 0.69mg (4.63%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.07mg (3.66%), Potassium: 124.44mg (3.56%), Vitamin B5: 0.26mg (2.58%), Calcium: 20.62mg (2.06%), Vitamin B12: 0.06µg (1.01%)