



Country Ham and Cheddar Pretzel Bites with Jalapeño Mustard

READY IN



240 min.

SERVINGS



48

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons yeast dry
- ☐ 4 teaspoons baking soda
- ☐ 1 tablespoons coarse salt
- ☐ 0.5 cup country ham divided finely chopped (3 oz; preferably Newsom's or Benton's)
- ☐ 0.5 cup dijon mustard
- ☐ 2.5 cups flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons jalapeno fresh seeded finely chopped

- ☐ 2 tablespoons brown sugar light divided packed
- ☐ 1 cup milk (110–115°F)
- ☐ 0.3 cup sharp cheddar cheese divided finely chopped
- ☐ 0.5 stick butter unsalted melted
- ☐ 0.3 cup water (110–115°F)
- ☐ 6 cups water

Equipment

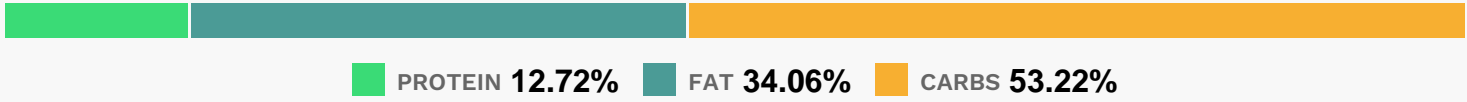
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ spatula
- ☐ rolling pin
- ☐ slotted spoon

Directions

- ☐ Stir together yeast, 1 teaspoon brown sugar, and warm water in a large bowl and let stand until foamy, 5 to 8 minutes. (If mixture doesn't foam, start over with new yeast.) In a separate bowl, stir remaining 2 tablespoons brown sugar into warm milk until dissolved.
- ☐ Add 2 1/2 cups flour and milk mixture to yeast mixture and stir with a wooden spoon or rubber spatula until a soft dough forms, adding up to 1/2 cup additional flour, a little at a time, if necessary. Turn out dough onto a lightly floured surface and gently knead a few times to form a smooth ball.
- ☐ Transfer to a clean bowl. Cover with plastic wrap and let rise in a draft-free place at warm room temperature until doubled and bubbles appear on surface, about 2 hours.

- ☐ Preheat oven to 400°F with rack in upper and lower thirds. Line two 4-sided sheet pans with parchment paper.
- ☐ Turn out dough onto a lightly floured surface and cut into 4 equal pieces. Lightly dust your hands with flour, then gently roll and stretch 1 piece of dough to form a 12-inch-long rope. Flatten dough and arrange so a long side is nearest you, then roll out to a roughly 12- by 4-inch rectangle with a lightly floured rolling pin. Gently press one fourth of ham and cheese into lower third of rectangle, leaving a 1/2-inch border along bottom edge. Stretch bottom edge of dough up over filling and press tightly to seal, then roll up as tightly as possible to form a rope.
- ☐ Cut rope into 12 pieces and transfer to a sheet pan. Make 3 more ropes with remaining dough, ham, and cheese and cut into pieces, transferring to sheet pans.
- ☐ Let rest at room temperature, uncovered, 30 minutes (dough will rise slightly).
- ☐ Bring water (6 cups) to a boil in a 4-to 5-quart saucepan. Reduce heat and stir in baking soda. Cook pretzel bites in batches in gently simmering water, turning once, until slightly puffed, about 20 seconds.
- ☐ Transfer with a slotted spoon to sheet pans.
- ☐ Bake until puffed and golden-brown, about 15 minutes (cheese may ooze slightly).
- ☐ Meanwhile, stir together mustard, jalapeños, and honey.
- ☐ Brush warm pretzel bites with butter and sprinkle with pretzel salt.
- ☐ Serve warm or at room temperature with jalapeño mustard for dipping.
- ☐ •jalapeño mustard can be made 1 day ahead and chilled. •Pretzels can be made 2 weeks ahead and frozen (once cooled). Thaw 30 minutes, then reheat in a 400°F oven about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:1.7386956590673%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 47.24kcal (2.36%), Fat: 1.79g (2.75%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.96g (2.17%), Sugar: 1.17g (1.3%), Cholesterol: 4.83mg (1.61%), Sodium: 291.47mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Selenium: 3.77µg (5.39%), Vitamin B1: 0.08mg (5.26%), Folate: 14.8µg (3.7%), Vitamin B2: 0.05mg (3.09%), Manganese: 0.06mg (2.89%), Vitamin B3: 0.52mg (2.59%), Phosphorus: 22.78mg (2.28%), Iron: 0.37mg (2.04%), Calcium: 16.36mg (1.64%), Fiber: 0.33g (1.33%), Magnesium: 4.31mg (1.08%), Vitamin A: 54.09IU (1.08%), Zinc: 0.16mg (1.07%)