



Grandma Sherrill's Bagels



Vegetarian



Vegan



Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon yeast dry
- ☐ 9 cups flour all-purpose
- ☐ 1 tablespoon salt
- ☐ 3 cups water hot
- ☐ 0.3 cup sugar white

Equipment

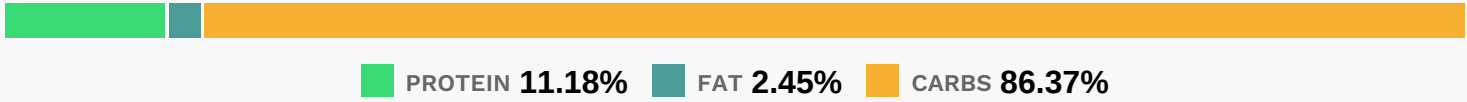
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ pot

Directions

- ☐ Mix flour, hot water, sugar, yeast, and salt in a large bowl; transfer dough to a work surface and knead for 10 minutes.
- ☐ Place dough in a bowl and let rise for 15 minutes.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet.
- ☐ Form dough into 24 balls; punch a hole in the middle of each ball with a finger, creating a bagel shape.
- ☐ Place bagels on the prepared baking sheet; let rise for 20 minutes.
- ☐ Bring a large pot of water to a boil; cook bagels, working in batches, in the boiling water, about 45 seconds per side.
- ☐ Place boiled bagels on a clean towel to drain. Return bagels to the baking sheet.
- ☐ Bake in the preheated oven until cooked through and lightly browned, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:27.33, Inflammation Score:-3, Nutrition Score:6.6265216910321%

Nutrients (% of daily need)

Calories: 179.19kcal (8.96%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 36.6g (13.31%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 293.21mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin B1: 0.39mg (25.75%), Selenium: 15.92µg (22.74%), Folate: 89.68µg (22.42%), Manganese: 0.32mg (16.05%), Vitamin B3: 2.83mg (14.17%), Vitamin B2: 0.24mg (14.04%), Iron: 2.18mg (12.12%), Fiber: 1.31g (5.24%), Phosphorus: 51.69mg (5.17%), Copper: 0.07mg (3.67%), Magnesium: 10.71mg (2.68%), Zinc: 0.35mg (2.3%), Vitamin B5: 0.23mg (2.28%), Potassium: 51.85mg (1.48%), Vitamin B6: 0.02mg (1.16%)