



## Ham-and-Swiss Pretzels

READY IN



135 min.

SERVINGS



28

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 tablespoons pre active yeast dry
- 1 tablespoon agave nectar
- 1.3 cups ham diced
- 0.3 cup dijon mustard
- 2 large eggs
- 2.8 cups flour for dusting all-purpose plus more
- 0.3 cup chives fresh snipped
- 1 teaspoon sea salt
- 28 servings sea salt smoked for sprinkling

- 2 cup swiss cheese shredded
- 2.5 cups flour whole-wheat

## Equipment

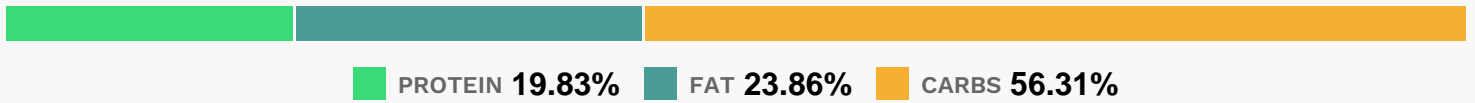
- food processor
- bowl
- baking sheet
- baking paper
- oven

## 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 tablespoon mustard across the middle of the dough.
- Sprinkle with 1/4 cup Swiss cheese. Fold the bottom third of the dough over the cheese, then sprinkle another 1/4 cup Swiss cheese, 1/3 cup ham and 2 tablespoons chives over the folded part. Fold the top third of the dough over the cheese, ham and chives. 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 mustard, cheese, ham and chives, 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.
- Brush the pretzels with the egg; sprinkle with smoked sea salt.
- Bake until browned, 16 to 18 minutes, checking on the pretzels every 5 minutes to avoid overbaking.
- Photograph by Victor Schragger

## Nutrition Facts



### Properties

Glycemic Index:6.93, Glycemic Load:6.9, Inflammation Score:-2, Nutrition Score:6.3695652018423%

### Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 126.84kcal (6.34%), Fat: 3.41g (5.25%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 16.47g (5.99%), Sugar: 0.74g (0.82%), Cholesterol: 23.37mg (7.79%), Sodium: 392.02mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Manganese: 0.53mg (26.64%), Selenium: 14.99µg (21.42%), Vitamin B1: 0.18mg (12.09%), Phosphorus: 106.84mg (10.68%), Folate: 35.32µg (8.83%), Calcium: 78.11mg (7.81%), Vitamin B2: 0.13mg (7.63%), Vitamin B3: 1.37mg (6.85%), Fiber: 1.64g (6.57%), Iron: 1.11mg (6.18%), Magnesium: 21.7mg (5.43%), Zinc: 0.78mg (5.21%), Vitamin B12: 0.26µg (4.42%), Copper: 0.07mg (3.56%), Vitamin B6: 0.07mg (3.37%), Vitamin B5: 0.24mg (2.43%), Vitamin A: 101.4IU (2.03%), Potassium: 68.96mg (1.97%), Vitamin K: 1.32µg (1.26%), Vitamin E: 0.18mg (1.22%)