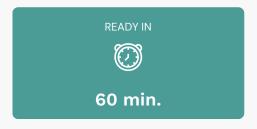
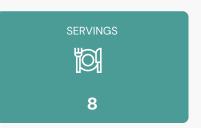


## **Hot Pretzel Bites**

**Vegetarian** 







SIDE DISH

## Ingredients

1 package yeast dry
4 cups flour
8 servings coarse salt
1 large eggs
1 tablespoon granulated sugar
0.5 teaspoon salt
1 tablespoon butter unsalted

1.5 cup water

Eq	<b>Juipment</b>	
	bowl	
	baking sheet	
	baking paper	
	oven	
	knife	
Di	rections	
	Preheat oven to 425F degrees. Line a baking sheet with parchment paper.	
	In a large bowl, combine the yeast and warm water.	
	Let sit until the yeast dissolves (about 2-3 minutes).	
	Stir the sugar into the yeast mixture until dissolved.	
	Add the flour and salt. Stir to combine. The dough will be crumbly. Turn the dough out onto a floured board and knead with floured hands until smooth.	
	In a small bowl, lightly beat the egg. Set aside.	
	Divide the dough into 5 portions. Working with one at a time, roll the dough balls out into ropes that are about 1 inch in diameter. Use a sharp knife to cut 1-inch lengths of dough.	
	Drop each of the dough pieces into the egg mixture and immediately transfer to the prepared baking sheet.	
	Place them about 1/2 inch apart.	
	Sprinkle with coarse salt.	
	Slide the tray into the oven and bake for 8-10 minutes, until golden brown. Repeat the process until all the dough has been cooked.	
	Melt the butter and brush all the pretzel bites with butter, then sprinkle with more salt.	
Nutrition Facts		
	PROTEIN 12.03% FAT 9.59% CARBS 78.38%	

## **Properties**

## **Nutrients** (% of daily need)

Calories: 257.6kcal (12.88%), Fat: 2.7g (4.15%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 47.67g (17.34%), Sugar: 1.69g (1.88%), Cholesterol: 27.01mg (9%), Sodium: 352.13mg (15.31%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.61g (15.22%), Vitamin B1: 0.59mg (39.3%), Folate: 137.84µg (34.46%), Selenium: 23.2µg (33.15%), Vitamin B2: 0.37mg (21.95%), Manganese: 0.43mg (21.59%), Vitamin B3: 4.05mg (20.24%), Iron: 3.03mg (16.85%), Phosphorus: 85.87mg (8.59%), Fiber: 1.92g (7.69%), Copper: 0.11mg (5.3%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.59mg (3.96%), Magnesium: 15.46mg (3.86%), Vitamin B6: 0.05mg (2.57%), Potassium: 84.38mg (2.41%), Vitamin A: 77.48IU (1.55%), Calcium: 15.11mg (1.51%), Vitamin D: 0.15µg (1.01%)