

Hot Pretzel Bites

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



258 kcal

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

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife

Directions

- 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

Glycemic Index:18.14, Glycemic Load:35.55, Inflammation Score:-4, Nutrition Score:10.13739135991%

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: 0g (100%), Alcohol %: 0% (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%)