

## Hot Pretzels

READY IN



45 min.

SERVINGS



5

CALORIES



263 kcal

SIDE DISH

### Ingredients

- 5 servings coarse salt
- 1 pound pizza dough refrigerated
- 2 tablespoons butter unsalted melted

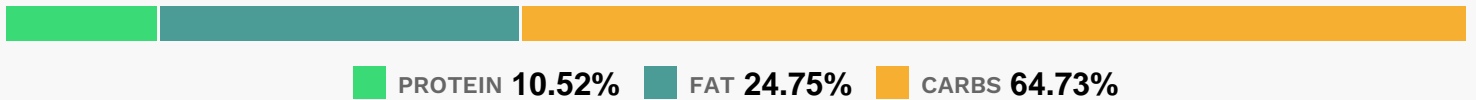
### Equipment

- baking sheet
- oven
- plastic wrap

## Directions

- Divide the dough into 5 equal pieces.
- Roll into balls. Cover with plastic wrap and let rest on a floured counter or board for 5 minutes.
- Roll 1 ball into a thin rope 30 inches long. Twist into a pretzel shape.
- Brush lightly with water, then sprinkle with the salt.
- Place on a large, parchment-lined baking sheet. Repeat with the remaining dough.
- Let rest 15 minutes while oven preheats to 450 F.
- Bake on center oven rack for 15 minutes, until golden brown.
- Transfer the pretzels to a rack. While hot, brush on the butter.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0708695607179%

## Nutrients (% of daily need)

Calories: 263.32kcal (13.17%), Fat: 7.35g (11.31%), Saturated Fat: 3.58g (22.34%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 41.92g (15.24%), Sugar: 5.63g (6.25%), Cholesterol: 12.04mg (4.01%), Sodium: 850.3mg (36.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.07%), Iron: 2.45mg (13.62%), Fiber: 1.36g (5.44%), Vitamin A: 139.94IU (2.8%)