

Jan's Pretzel Dogs

READY IN



130 min.

SERVINGS



18

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce active yeast dry
- 0.7 cup baking soda
- 4.5 cups bread flour
- 1 large egg yolk
- 18 hot dogs
- 0.3 cup kosher salt divided to taste
- 0.3 cup butter unsalted melted
- 10 cups water
- 1 tablespoon sugar white

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- pot
- bread machine

Directions

- Heat the beer in a saucepan over low heat until it reaches 110 degrees F (45 degrees C).
- Combine the warm beer, sugar, and 2 teaspoons kosher salt in a bowl.
- Sprinkle the yeast on top, and let stand for 5 minutes until the yeast softens and begins to form a creamy foam.
- Place the bread flour and butter in a bread machine.
- Add the yeast mixture, then select the dough cycle.
- Preheat an oven to 450 degrees F (230 degrees C).
- Line 2 baking sheets with parchment paper or grease with vegetable oil.
- Beat the egg yolk in a small bowl with 1 tablespoon water; set aside.
- Stir baking soda into 10 cups water in a large pot until dissolved, and bring to a boil.
- Turn the dough out onto a lightly-oiled surface, and roll into a 10x20-inch rectangle.
- Cut the dough into 18 1-inch wide strips, then wrap each strip tightly around a hot dog in a spiral, pinching the edges to seal, and leaving the ends open. About half an inch of hot dog should peek out of each end of the dough wrapper.
- Drop 2 or 3 dough-wrapped hot dogs into the boiling water for 30 seconds.
- Arrange the boiled hot dogs on the prepared baking sheets.
- Brush each pretzel dog with the egg yolk mixture, and sprinkle with the remaining 1/4 cup salt.
- Bake in the preheated oven until golden brown, about 15 minutes.

Nutrition Facts

PROTEIN 13.99% FAT 35.71% CARBS 50.3%

Properties

Glycemic Index:9.17, Glycemic Load:17.47, Inflammation Score:-2, Nutrition Score:6.587826187034%

Nutrients (% of daily need)

Calories: 253.46kcal (12.67%), Fat: 10.04g (15.44%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 30.95g (11.26%), Sugar: 0.77g (0.85%), Cholesterol: 37.23mg (12.41%), Sodium: 3103.86mg (134.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Selenium: 24.94µg (35.63%), Manganese: 0.3mg (14.77%), Vitamin B1: 0.18mg (11.88%), Folate: 43.05µg (10.76%), Vitamin B3: 2.15mg (10.73%), Vitamin B2: 0.17mg (9.81%), Zinc: 1.25mg (8.32%), Phosphorus: 81.81mg (8.18%), Iron: 1.39mg (7.73%), Copper: 0.12mg (5.86%), Vitamin B5: 0.46mg (4.56%), Vitamin B12: 0.26µg (4.3%), Magnesium: 15.34mg (3.84%), Fiber: 0.86g (3.42%), Potassium: 102.83mg (2.94%), Calcium: 22.5mg (2.25%), Vitamin B6: 0.04mg (2.17%), Vitamin A: 93.03IU (1.86%), Vitamin E: 0.22mg (1.48%)