



 **14%**  
HEALTH SCORE

## Montreal style bagels

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



278 kcal

SIDE DISH

### Ingredients

- 1.5 cups water
- 5 Tbsp granulated sugar
- 3 Tbsp unrefined sunflower oil
- 1 package yeast dry
- 1 Tbsp eggs
- 1 Tbsp maple syrup
- 4.8 cups flour
- 1 Tsp kosher salt

- 0.3 cup sesame seed
- 4 quarts water
- 0.3 cup honey

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- pot
- wooden spoon
- spatula
- slotted spoon

## Directions

- Preheat oven to 425
- In a large bowl combine warm water, sugar, oil, yeast, egg, and maple syrup. Stir until the yeast dissolves.
- Add salt and one cup of flour. Using a spatula or wooden spoon, mix until fully incorporated.
- In batches of cup, add flour and mix until each addition is fully combined. The dough will become quite firm and smooth.
- Transfer the dough to a smooth, flat surface and knead for about 10 minutes. If the dough is sticky add more flour, one tablespoon at a time.
- Let the dough rest, covered, for about 10 minutes.
- Cut the dough in half. Divide each half again. Continue until you have 12 equal sized portions of dough.
- Roll each ball of dough into 10 inch long strips. Wrap the strand of dough around your hand and press down on one end with your thumb.
- Brush a small amount of water into the indentation and press the other end of the strip into it to create a bagel shape.

- Roll the dough between your palms to smooth the seam.
- Fill a large pot with 4 quarts of water and add the honey. Bring to a boil.
- While you wait for the water to boil, prepare your work station.
- Lay a clean dishtowel down next to your pot.
- Place the sesame seeds in a shallow bowl and keep nearby. Line two cookie sheets with parchment paper, set aside.
- When the water begins to boil, drop 3 bagels into the pot for 90 seconds, turning halfway through. When the cooking is complete, the bagels will float to the top. Using a slotted spoon transfer to the clean dishtowel to cool. Once the bagels are cool enough to handle place them into the bowl of sesame seeds and lightly press down. Turn and repeat to cover the other side.
- Place on the prepared cookie sheet. Continue this process until all the bagels are boiled and coated with seeds.
- Bake in the oven for 10 minutes.
- Remove from oven and turn all the bagels.
- Bake for an additional 10 minutes until they are evenly browned.
- Cool on a rack and store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:22.41, Glycemic Load:34.38, Inflammation Score:-4, Nutrition Score:9.6804347826087%

## Taste

Sweetness: 49.84%, Saltiness: 73.12%, Sourness: 36.28%, Bitterness: 100%, Savoriness: 14.07%, Fattiness: 21.94%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 277.83kcal (13.89%), Fat: 5.71g (8.79%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 48.79g (17.74%), Sugar: 11.93g (13.26%), Cholesterol: 4.58mg (1.53%), Sodium: 214.9mg (9.34%), Protein: 6.08g (12.15%), Vitamin B1: 0.48mg (31.93%), Folate: 107.95µg (26.99%), Selenium: 18.36µg (26.23%), Manganese: 0.46mg (23.06%), Vitamin B2: 0.31mg (17.99%), Vitamin B3: 3.31mg (16.54%), Iron: 2.82mg (15.67%),

Copper: 0.26mg (13.02%), Vitamin E: 1.49mg (9.92%), Phosphorus: 79.53mg (7.95%), Fiber: 1.88g (7.5%),  
Magnesium: 26.26mg (6.57%), Calcium: 51.52mg (5.15%), Zinc: 0.71mg (4.76%), Vitamin B5: 0.32mg (3.21%), Vitamin  
B6: 0.06mg (2.95%), Potassium: 82.4mg (2.35%)