

## New York Bagels



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

### Ingredients

- ☐ 1.3 tsp active yeast
- ☐ 5 tbsp sugar raw
- ☐ 1 tsp salt
- ☐ 4 tsp vital wheat gluten
- ☐ 3 cups flour whole wheat white

### Equipment

- ☐ bowl
- ☐ baking sheet

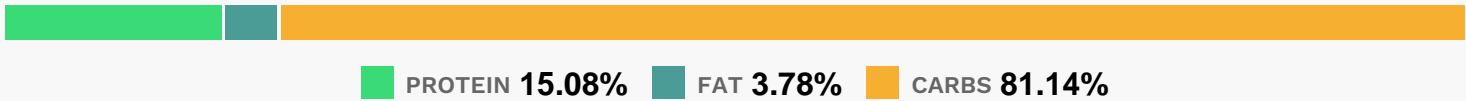
- ☐ oven
- ☐ pot
- ☐ spatula
- ☐ tongs

## Directions

- ☐ Mix 1 cup warm water, yeast and 3 tbsp sugar together then set aside.
- ☐ Mix flour, gluten and salt in a large bowl. Once yeast mixture is foamy and beige color it's ready. Make a well in the flour and pour yeast mix into it (it will overflow).
- ☐ Mix around with a spatula until its too doughy to do so. Once dough forms, use your hands to finish combining and knead the dough until its a smooth ball.
- ☐ Let rest for 2-3 minutes. Divide dough into 4 sections.
- ☐ Roll each into a snake, about 1" thick or less. Wet ends of snake and combine together. Set bagels aside and let rise for 10 minutes. Meanwhile, fill the biggest pot you have 2/3 full with water and add 1-2 more tbsp sugar. Also preheat oven to 375 F. Once water is boiling (and bagels have rested for at least 10 minutes) place bagels, using tongs, into the boiling water. (I usually do one at a time, but if you have a BIG pot, you might be able to double up). Boil each bagel for 30 seconds on each side, using tongs to flip. Gently remove bagel and place on non-stick or greased cookie sheet. If you want seeds or spices on top, add them here.
- ☐ Bake 20-30 minutes, but be careful not to burn the bottoms! They come out piping HOT so wait 10 minutes to eat or handle.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 20gDietary Fiber9.30gSugars18.70gProtein12.50g

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.683043455705%

Nutrients (% of daily need)

Calories: 373.81kcal (18.69%), Fat: 1.63g (2.51%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 78.78g (26.26%), Net Carbohydrates: 69.5g (25.27%), Sugar: 14.88g (16.53%), Cholesterol: 0mg (0%), Sodium: 583.19mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.29%), Fiber: 9.28g (37.12%), Iron: 2.34mg (13.02%), Vitamin B1: 0.11mg (7.13%), Calcium: 66.71mg (6.67%), Folate: 22.75µg (5.69%), Potassium: 115.75mg (3.31%), Vitamin B2: 0.04mg (2.29%), Vitamin B3: 0.39mg (1.95%), Selenium: 1.27µg (1.81%), Phosphorus: 14.14mg (1.41%), Vitamin B5: 0.13mg (1.31%)