



New York Pretzels



Vegetarian



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients



0.3 ounce yeast dry ()



1 large eggs lightly beaten



3.8 cups flour for dusting all-purpose plus more



2 teaspoons salt



1 tablespoon sugar

Equipment



bowl



baking sheet

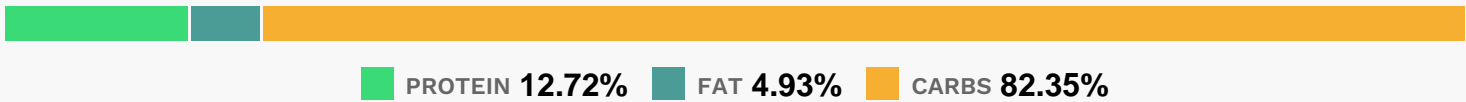
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ stand mixer
- ☐ measuring cup
- ☐ tongs

Directions

- ☐ Stir together sugar, yeast, and 1 1/2 cups lukewarm water (105 to 110°F) in a glass measuring cup, then let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.)
- ☐ Whisk together 3 1/2 cups flour and 1 tablespoon table salt in a large bowl.
- ☐ Add yeast mixture and stir with a wooden spoon until it forms a dough. Dust work surface with 1 tablespoon flour, then turn out dough and knead, gradually dusting with just enough additional flour to make a smooth sticky dough, about 8 minutes. (Dough needs to be somewhat sticky to facilitate rolling and forming into pretzels).
- ☐ Return dough to bowl and cover bowl tightly with plastic wrap, then let dough rise in a draft-free place at warm room temperature until doubled in bulk, about 45 minutes. Turn out dough onto a clean work surface and cut into 8 equal pieces. Using your palms, roll 1 piece back and forth on a clean dry work surface into a rope about 24 inches long. If dough sticks to your hands, lightly dust them with flour. Twist dough into a pretzel shape. (Dough will retract as you form the pretzel.)
- ☐ Transfer pretzel with your hands to an oiled baking sheet and form 7 more pretzels in same manner with remaining dough, spacing them 1 1/2 inches apart.
- ☐ Let pretzels stand, uncovered, about 20 minutes. Meanwhile, put oven rack in upper third of oven and preheat oven to 425°F. Bring a wide 6-quart pot of water to a boil.
- ☐ Using both hands, carefully add 3 pretzels, 1 at a time, to boiling water and cook, turning over once with tongs, until pretzels are puffed and shape is set, about 3 minutes.
- ☐ Transfer parboiled pretzels to a rack to cool. Repeat with remaining 5 pretzels in 2 batches.

- ☐ Line baking sheet with parchment paper and oil paper, then arrange pretzels on sheet.
- ☐ Brush pretzels lightly with some of egg and sprinkle with pretzel salt.
- ☐ Bake until golden brown and lightly crusted, about 35 minutes. Cool 15 minutes, then serve warm.
- ☐ *Available at King Arthur Flour (800-827-6836).
- ☐ · Dough can be mixed and kneaded in a stand mixer fitted with the dough hook. · Pretzels are best the day they are made. (When they are kept overnight, salt may dissolve.)

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:33.4, Inflammation Score:-4, Nutrition Score:9.5108697129332%

Nutrients (% of daily need)

Calories: 230.87kcal (11.54%), Fat: 1.24g (1.91%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 44.8g (16.29%), Sugar: 1.68g (1.86%), Cholesterol: 23.25mg (7.75%), Sodium: 591.88mg (25.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin B1: 0.56mg (37.33%), Folate: 130.89µg (32.72%), Selenium: 21.86µg (31.23%), Vitamin B2: 0.35mg (20.81%), Manganese: 0.41mg (20.28%), Vitamin B3: 3.82mg (19.1%), Iron: 2.85mg (15.85%), Phosphorus: 81.3mg (8.13%), Fiber: 1.82g (7.28%), Vitamin B5: 0.47mg (4.72%), Copper: 0.09mg (4.66%), Zinc: 0.56mg (3.75%), Magnesium: 14.13mg (3.53%), Vitamin B6: 0.05mg (2.48%), Potassium: 79.93mg (2.28%), Calcium: 12.93mg (1.29%)