



## Pepperoni Garlic Knots

READY IN



45 min.

SERVINGS



14

CALORIES



157 kcal

SIDE DISH

### Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 3.5 cups bread flour
- ☐ 1.5 tbsp butter
- ☐ 2 tsp parsley fresh chopped
- ☐ 1 clove garlic fresh chopped
- ☐ 1 tsp garlic powder
- ☐ 1 tbsp olive oil
- ☐ 0.5 cup pepperoni mini
- ☐ 2 teaspoons salt

- ☐ 1 teaspoon sugar
- ☐ 1.5 cups warm water (105°F)

## Equipment

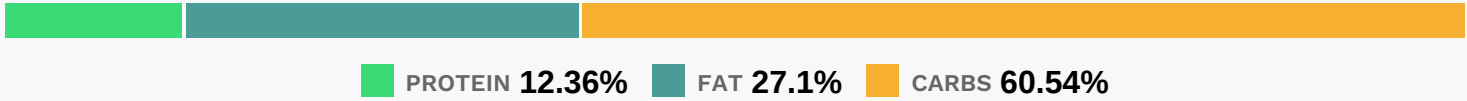
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ stand mixer
- ☐ microwave

## Directions

- ☐ Pour warm water into mixing bowl of stand mixer.
- ☐ Sprinkle yeast on top and let rest for about 5 minutes.
- ☐ Add in flour, 2 tbsp olive oil, salt and sugar.
- ☐ Mix with dough hook attachment on medium speed for about 10 minutes until dough is elastic and can be removed from bowl easily.
- ☐ Pour a small amount of oil into a glass bowl and place dough ball inside.
- ☐ Place plastic wrap on top to cover glass bowl.
- ☐ Let dough rise for about 1 hour until doubled in size.
- ☐ Divide dough into 14 pieces. Take one piece of dough and roll out into a rope about 9 inches long. Press mini pepperoni on top of rope, lining rope but leaving about an inch blank on each side. Carefully tie rope into a knot and tuck the ends into the middle, one on the bottom, and one on the top. Some pepperoni may fall off. You can place back on top or leave off.
- ☐ Preheat oven to 425 F.
- ☐ Place knots on baking sheet lined with parchment paper, about 1 inch apart.
- ☐ Bake about 15 minutes until they turn golden brown on top.

- ☐ While the knots are baking, mix all the garlic coating ingredients into a bowl (except parsley) and microwave for about 1 minute. Stir ingredients together.
- ☐ When knots are done, toss them into the garlic mixture to coat. Then sprinkle with fresh chopped parsley

## Nutrition Facts



## Properties

Glycemic Index:20.15, Glycemic Load:14.92, Inflammation Score:-2, Nutrition Score:3.6008695603713%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 156.68kcal (7.83%), Fat: 4.66g (7.17%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.53g (8.19%), Sugar: 0.39g (0.43%), Cholesterol: 7.19mg (2.4%), Sodium: 408.11mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.57%), Selenium: 13.72µg (19.6%), Manganese: 0.28mg (13.99%), Vitamin B1: 0.09mg (6.16%), Folate: 22.39µg (5.6%), Phosphorus: 41.49mg (4.15%), Fiber: 0.91g (3.64%), Vitamin B3: 0.72mg (3.59%), Copper: 0.07mg (3.45%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.26mg (2.57%), Magnesium: 9.33mg (2.33%), Vitamin E: 0.35mg (2.32%), Iron: 0.37mg (2.06%), Vitamin B6: 0.04mg (2%), Potassium: 51.11mg (1.46%), Vitamin K: 1.28µg (1.22%)