

Pesto Pretzels

 Vegetarian

READY IN



135 min.

SERVINGS



28

CALORIES



144 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1.5 tablespoons active yeast dry
- ☐ 1 tablespoon agave nectar
- ☐ 1.3 cups cream cheese softened
- ☐ 28 servings basil dried for sprinkling
- ☐ 2 large eggs
- ☐ 2.8 cups flour for dusting all-purpose plus more
- ☐ 0.5 cup pesto
- ☐ 1 teaspoon sea salt plus more for sprinkling

- ☐ 2.5 cups flour whole-wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

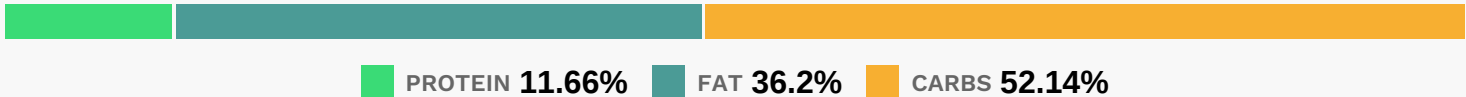
Directions

- ☐ Mix 1 1/2 cups warm water (110 degrees F to 115 degrees F), the yeast and agave in a bowl. Set aside 5 minutes.
- ☐ In a food processor fitted with the dough blade, pulse the whole-wheat flour, 2 cups all-purpose flour and the sea salt.
- ☐ Add 1 egg and the yeast mixture and pulse in 10-second intervals until the dough comes together, about 3 pulses. Turn out onto a floured board. Knead 10 to 12 times, adding up to 3/4 cup more flour if the dough is too sticky.
- ☐ Cut the dough into 4 equal portions; cover with a clean towel.
- ☐ On a floured board, roll out one piece of dough into a 14-by-11-inch rectangle, 1/4 inch thick, with a shorter side facing you.
- ☐ Spread 2 1/2 tablespoons cream cheese across the middle of the dough; fold the bottom third of the dough over the cheese, then spread another 2 1/2 tablespoons cream cheese and 2 tablespoons pesto over the folded part. Fold the top third of the dough over the pesto. Reroll the dough into a 14-by-11-inch rectangle.
- ☐ Cut into seven 11-by-2-inch strips.
- ☐ One at a time, pinch the cut long edges of each strip together and roll into a 12-inch rope with your hands.
- ☐ Transfer the rope to a baking sheet lined with parchment paper. Grab the ends and bring them toward each other, forming a U shape, then cross the left end over the right end to make a pretzel shape. Cross the left end over the right again to make a twist in the middle.
- ☐ Repeat with the remaining 3 pieces of dough and the remaining cream cheese and pesto, spacing the pretzels 3 inches apart. Set aside for 10 to 15 minutes; preheat the oven to 475

degrees F.

- ☐ Beat the remaining egg in a bowl.
- ☐ Brush the pretzels with the egg; sprinkle with coarse sea salt and dried basil.
- ☐ Bake until browned, 16 to 18 minutes, checking on the pretzels every 5 minutes to avoid overbaking.
- ☐ Photograph by Victor Schrager

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:7.01, Inflammation Score:-4, Nutrition Score:7.2452173861473%

Nutrients (% of daily need)

Calories: 144.18kcal (7.21%), Fat: 5.91g (9.1%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 17.17g (6.24%), Sugar: 1.14g (1.27%), Cholesterol: 23.88mg (7.96%), Sodium: 162.71mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.57%), Manganese: 0.62mg (31.03%), Selenium: 12.81µg (18.3%), Vitamin K: 17.78µg (16.93%), Vitamin B1: 0.18mg (11.95%), Iron: 1.96mg (10.88%), Folate: 38.11µg (9.53%), Vitamin B2: 0.14mg (8.22%), Fiber: 1.98g (7.94%), Phosphorus: 73.54mg (7.35%), Vitamin B3: 1.41mg (7.04%), Magnesium: 25.96mg (6.49%), Vitamin A: 253.07IU (5.06%), Calcium: 46.97mg (4.7%), Copper: 0.09mg (4.4%), Vitamin B6: 0.08mg (3.96%), Zinc: 0.55mg (3.66%), Potassium: 98.73mg (2.82%), Vitamin B5: 0.27mg (2.68%), Vitamin E: 0.32mg (2.15%)