



Pretzel Bites with Quick Cheddar Dip

 Vegetarian

READY IN



1500 min.

SERVINGS



96

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce yeast dry
- ☐ 0.5 cup baking soda
- ☐ 3 cups flour all-purpose plus more for work surface
- ☐ 12 ounces cheddar cheese cut into 1-inch cubes
- ☐ 96 servings kosher salt (see Cooks' Notes)
- ☐ 6 tablespoons wine dry white
- ☐ 2 tablespoons brown sugar light packed
- ☐ 4 tablespoons butter unsalted softened well

- ☐ 96 servings vegetable oil for bowl
- ☐ 1 cup water (100° to 110°F)
- ☐ 8 cups water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ wax paper
- ☐ kitchen towels
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Stir together warm water and yeast in a large bowl and let stand until a creamy beige foam develops on the surface, about 10 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Meanwhile, in a smaller bowl, stir together flour, salt, and light brown sugar.
- ☐ Add flour mixture and butter to yeast mixture, and stir together first with a wooden spoon and then with your hands, until it forms a dough. On a lightly floured surface, knead dough until it is smooth and elastic, 8 to 10 minutes, dusting with more flour as needed if dough sticks to work surface.
- ☐ Transfer dough to a lightly oiled large bowl and turn over to coat with oil. Cover with a kitchen towel (not terry cloth) and let rise in a draft-free place at room temperature until doubled, 2

to 3 hours.

- ☐ Alternatively, after kneading, let dough rest at room temperature for 15 minutes, then transfer to oiled bowl as above, and let rise in the refrigerator overnight (12 hours or up to 2 days).
- ☐ Punch down dough and divide into quarters. Form each quarter into 4 balls.
- ☐ Roll each ball into a 12-inch-long rope.
- ☐ Cut each rope into six (2-inch) pieces, and transfer to wax paper-lined rimmed baking sheets.
- ☐ Heat oven to 450°F with racks in upper and lower third. Well oil 2 large baking sheets (about 17- by 12- inches).
- ☐ In a 4- to 5-quart saucepan, bring water and baking soda to a boil (mixture will be foamy at first, but foam will dissipate).
- ☐ Add 12 pretzel bites and cook 30 seconds (they will rise to the surface almost immediately), then transfer with a slotted spoon to baking sheets. Quickly sprinkle pretzel bites lightly on both sides with pretzel salt before they dry (so salt sticks). Repeat with remaining pretzel bites, returning water to a boil between batches.
- ☐ Bake pretzel bites in oven, switching sheets between racks and rotating sheets halfway through baking, until deep chestnut brown, 8 to 10 minutes (watch closely toward end of baking; bites brown quickly in last few minutes). Immediately transfer pretzel bites to wire racks to cool.
- ☐ Purée cheese with 6 tablespoons wine or water in a food processor fitted with knife blade, stopping and scraping down sides with a spatula occasionally, until mixture is creamy and smooth, about 2 minutes. Thin to desired consistency with additional wine or water, adding it 1 tablespoon at a time.
- ☐ Serve immediately, or chill, covered, and return to room temperature before serving.
- ☐ •You can buy pretzel salt in some specialty food stores or online. •Pretzel bites are best the day they are made, but they can be made 1 day ahead and kept in a resealable plastic bag or frozen 1 month. Thaw, and rewarm, if desired, in a 350°F oven for about 5 minutes. •Cheddar dip is delicious plain, but you can flavor it with your favorite prepared mustard (we used grainy Dijon). Start with 2 teaspoons, adding more to taste, as desired, and/or caraway seeds (2 to 3 teaspoons, or to taste), coarsely ground in an electric coffee/spice grinder. Caraway seeds will be even better if you lightly toast them first (before grinding) in a dry heavy skillet over medium heat, stirring, until fragrant and a shade darker, 2 to 3 minutes.

Nutrition Facts



 PROTEIN 3.16%  FAT 88.42%  CARBS 8.42%

Properties

Glycemic Index:1.22, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:2.4978260806073%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 158.58kcal (7.93%), Fat: 15.72g (24.19%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.24g (1.18%), Sugar: 0.27g (0.3%), Cholesterol: 4.8mg (1.6%), Sodium: 389.37mg (16.93%), Alcohol: 0.1g (100%), Alcohol %: 0.26% (100%), Protein: 1.26g (2.53%), Vitamin K: 25.89µg (24.65%), Vitamin E: 1.19mg (7.92%), Selenium: 2.34µg (3.35%), Calcium: 26.88mg (2.69%), Vitamin B1: 0.04mg (2.66%), Folate: 9.65µg (2.41%), Vitamin B2: 0.04mg (2.25%), Phosphorus: 21.24mg (2.12%), Manganese: 0.03mg (1.45%), Vitamin B3: 0.26mg (1.32%), Zinc: 0.17mg (1.12%), Iron: 0.2mg (1.1%)