



Pretzel Buns

READY IN



113 min.

SERVINGS



12

CALORIES



383 kcal

BREAD

Ingredients

- 4.5 teaspoons yeast dry
- 0.5 cup baking soda
- 0.3 cup butter melted
- 2 eggs
- 6 cups flour all-purpose divided
- 2 cups milk
- 1.5 teaspoons salt
- 12 servings sea salt
- 1 tablespoon vegetable oil

- 6 tablespoons shortening
- 0.5 cup water
- 4 cups water
- 0.3 cup granulated sugar white

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Sprinkle the yeast and 1 teaspoon sugar over 1/2 cup of warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C).
- Let stand for 5 minutes until the yeast softens and begins to form a creamy foam.
- Add milk, shortening, eggs, oil, 3 cups flour, 1/4 cup sugar, and 1 1/2 teaspoons salt. Blend with an electric mixer on medium speed until smooth.
- Mix in remaining 3 cups of flour by hand, 1/2 cup at a time, mixing well after each addition. When the dough has pulled together, turn it out onto a floured surface, and knead until smooth and elastic, about 5 minutes. The dough will be sticky.
- Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 1 hour. Uncover the dough and punch it down.
- Preheat an oven to 350 degrees F (175 degrees C).
- Pull off baseball size portions of dough and roll into "snakes" about 6 inches long.
- Roll each "snake" into a spiral to give the tops some texture. Set each formed bun aside.
- Mix the baking soda and 4 cups hot water in a bowl. The baking soda does not need to dissolve completely. Dip each bun in the baking soda solution before placing on a baking sheet.
- Brush each bun with melted butter and sprinkle with sea salt.

Bake in the preheated oven until brown, 20 to 25 minutes. Cool on a wire rack or brown paper bag.

Nutrition Facts



PROTEIN 9.69% **FAT 33.29%** **CARBS 57.02%**

Properties

Glycemic Index:19.42, Glycemic Load:38.14, Inflammation Score:-6, Nutrition Score:12.379565321881%

Nutrients (% of daily need)

Calories: 382.72kcal (19.14%), Fat: 14.08g (21.66%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 52.28g (19.01%), Sugar: 6.31g (7.01%), Cholesterol: 42.33mg (14.11%), Sodium: 1915.33mg (83.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.45%), Vitamin B1: 0.65mg (43.08%), Folate: 145.26µg (36.32%), Selenium: 24.39µg (34.84%), Vitamin B2: 0.45mg (26.32%), Manganese: 0.44mg (21.75%), Vitamin B3: 4.21mg (21.05%), Iron: 3.07mg (17.03%), Phosphorus: 131.66mg (13.17%), Fiber: 2g (8.01%), Vitamin B5: 0.74mg (7.44%), Calcium: 68.05mg (6.81%), Vitamin K: 6.16µg (5.86%), Copper: 0.12mg (5.78%), Zinc: 0.81mg (5.38%), Magnesium: 21.13mg (5.28%), Vitamin B12: 0.29µg (4.9%), Vitamin E: 0.73mg (4.86%), Vitamin A: 223.66IU (4.47%), Potassium: 150.45mg (4.3%), Vitamin B6: 0.08mg (4.12%), Vitamin D: 0.59µg (3.96%)