



Pretzel Buns with Grilled Dogs and Spicy Cheese Sauce

READY IN



130 min.

SERVINGS



8

CALORIES



642 kcal

BREAD

Ingredients

- 1 packet active yeast dry
- 0.5 cup baking soda
- 8 natural casing all-beef franks
- 1 cup bread flour
- 12 ounces pasteurized cheese food such as velveeta, chopped
- 1 tablespoon pickled cherry peppers in jar diced
- 8 servings coarse ground sea salt for sprinkling
- 3 cups flour for dusting all-purpose plus more

- 2 small cloves garlic grated
- 2 tablespoons honey
- 1 tablespoon pickled jalapeno juice
- 0.3 cup brown sugar light
- 1 cup milk
- 2 tablespoons milk
- 0.3 cup jalapeño peppers chopped for garnish, optional
- 1 tablespoon jalapeño peppers diced
- 2 tablespoons butter unsalted

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- mixing bowl
- pot
- stand mixer
- spatula
- cutting board

Directions

- Watch how to make this recipe.
- In a small saucepan, heat the milk, 1/2 cup water, sugar and honey to 105 to 110 degrees F.
- Add to the bowl of a stand mixer.
- Sprinkle the yeast over the water mixture and wait for at least 10 to 15 minutes until the yeast blooms.

- In a separate saucepan over medium heat, add the butter and garlic and cook until the butter is melted and the garlic is fragrant, 2 to 3 minutes.
- Combine the all-purpose flour and bread flour in a mixing bowl.
- Add the flour mixture to the bowl with the blooming yeast, and then add in the melted butter and garlic mixture.
- Mix on medium speed until the dough has come together and is smooth and elastic in texture and pulling away from the sides of the bowl, 5 to 7 minutes.
- Line 2 baking sheets with silicone mats. Turn the dough out onto a lightly floured cutting board and form into a ball.
- Cut into 4 equal pieces, and then cut those in half to form 8 equal pieces. Using your hands, roll each piece into a ball and place onto a prepared baking sheet. Cover with a dish cloth and let them rest in a warm place for 12 to 15 minutes.
- Once rested, lightly dust your work surface again and roll the balls into 7-inch logs.
- Place onto the other prepared baking sheet, cover, place back in the warm spot and let rest for an additional 30 minutes.
- Preheat the oven to 425 degrees F.
- Place one oven rack high and one low. Line 2 more baking sheets with silicone mats or parchment paper.
- In a large pot, bring 8 cups water to a boil, and then add the baking soda. In batches, place the dough in the water and cook for 30 seconds on each side.
- Using a slotted spatula, remove the logs and place onto the prepared baking sheets.
- Sprinkle the logs with pretzel salt as they come out of the water, to ensure the salt sticks. Then cut 3 diagonal slits on top of the bread, not too deep.
- Bake for 10 to 13 minutes, rotating between the top and bottom racks of the oven halfway through the cooking.

Nutrition Facts

  

 **PROTEIN 14.57%**  **FAT 46.1%**  **CARBS 39.33%**

Properties

Glycemic Index:46, Glycemic Load:36.52, Inflammation Score:-6, Nutrition Score:18.091304385144%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 642.38kcal (32.12%), Fat: 32.85g (50.54%), Saturated Fat: 16.33g (102.08%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 60.97g (22.17%), Sugar: 13.97g (15.52%), Cholesterol: 79.36mg (26.45%), Sodium: 3117.26mg (135.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Selenium: 40.33µg (57.61%), Phosphorus: 367.3mg (36.73%), Calcium: 366.67mg (36.67%), Vitamin B1: 0.53mg (35.2%), Vitamin B2: 0.56mg (33.07%), Folate: 124.11µg (31.03%), Manganese: 0.49mg (24.51%), Vitamin B12: 1.38µg (22.93%), Vitamin B3: 4.41mg (22.05%), Zinc: 3.26mg (21.75%), Iron: 3.2mg (17.76%), Vitamin A: 662.94IU (13.26%), Copper: 0.19mg (9.67%), Magnesium: 38.04mg (9.51%), Fiber: 2.12g (8.46%), Vitamin B5: 0.84mg (8.39%), Vitamin B6: 0.15mg (7.32%), Potassium: 245.03mg (7%), Vitamin D: 0.95µg (6.36%), Vitamin E: 0.55mg (3.64%), Vitamin K: 2.28µg (2.17%), Vitamin C: 0.83mg (1.01%)