



Pretzel Dogs

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 package yeast dry
- ☐ 0.8 cup baking soda
- ☐ 1 eggs beaten
- ☐ 4.3 cups flour all-purpose
- ☐ 8 hot dogs
- ☐ 0.3 cup sesame seed toasted
- ☐ 1.5 teaspoons sugar
- ☐ 1.3 cups water (105°F to 115°F)

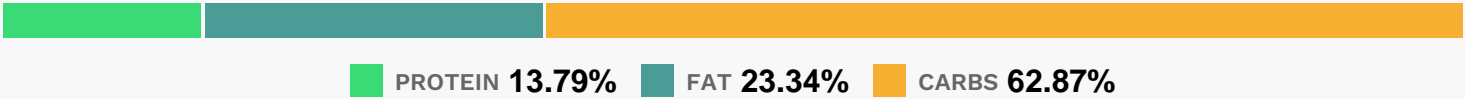
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ stand mixer
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ In large bowl of stand mixer, stir together yeast, sugar and warm water; let stand 3 minutes.
- ☐ Add flour; mix with dough hook attachment until dough forms a smooth, elastic ball. Grease large bowl with shortening; place dough in bowl, turning dough to grease all sides.
- ☐ Place in cold oven 50 minutes or until doubled in size.
- ☐ Remove bowl from oven.
- ☐ Heat oven to 425F. Gently push fist into dough to deflate; divide dough into 8 equal pieces. Using your hands, roll each piece of dough into a rope twice as long as hot dog length.
- ☐ Pour baking soda into 6- to 8-quart Dutch oven or stockpot; fill with water. Stir with whisk until baking soda is dissolved.
- ☐ Heat to boiling.
- ☐ Meanwhile, wrap each hot dog with dough, pinching ends together tightly (secure with toothpicks if necessary). Line large cookie sheet with cooking parchment paper. Using tongs, dip each pretzel dog in boiling baking soda-water mixture for 30 seconds.
- ☐ Place on cookie sheet.
- ☐ Brush dough with egg; sprinkle with sesame seed.
- ☐ Bake 12 to 15 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:40.41, Inflammation Score:-5, Nutrition Score:16.059130446257%

Nutrients (% of daily need)

Calories: 398.06kcal (19.9%), Fat: 10.26g (15.79%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 62.19g (20.73%), Net Carbohydrates: 59.58g (21.66%), Sugar: 0.97g (1.07%), Cholesterol: 40.71mg (13.57%), Sodium: 3397.91mg (147.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.28%), Selenium: 38.28µg (54.68%), Vitamin B1: 0.77mg (51.67%), Folate: 173.56µg (43.39%), Vitamin B2: 0.53mg (31.31%), Vitamin B3: 6.24mg (31.2%), Manganese: 0.62mg (31.16%), Iron: 5mg (27.79%), Copper: 0.34mg (16.9%), Phosphorus: 163.62mg (16.36%), Zinc: 1.89mg (12.6%), Fiber: 2.62g (10.47%), Magnesium: 38.73mg (9.68%), Vitamin B5: 0.74mg (7.35%), Calcium: 71.19mg (7.12%), Vitamin B6: 0.11mg (5.59%), Potassium: 176.05mg (5.03%), Vitamin B12: 0.28µg (4.73%)