



Puzzling Pretzels

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup milk
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 eggs

- ☐ 1 serving sesame seed your favorite (coarse salt, cinnamon-sugar, oats, or sesame seed)

Equipment

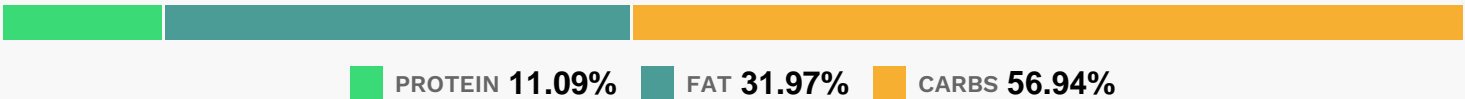
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ spatula
- ☐ pastry brush
- ☐ pot holder

Directions

- ☐ Heat the oven to 425°.
- ☐ Put the 1 1/2 cups flour, milk, vegetable oil, baking powder, sugar and salt in the medium bowl. Stir with the wooden spoon to make a soft dough.
- ☐ Sprinkle the 2 tablespoons flour over a clean surface, such as a kitchen counter or breadboard. Put dough on the surface. Divide dough in half to make 2 balls.
- ☐ Roll each ball of dough around 3 or 4 times. Curve your fingers around and fold dough toward you, then push it away with the heels of your hands, using a quick rocking motion. Repeat 10 times. Put bowl upside down over balls of dough for 15 minutes.
- ☐ Divide each ball of dough into 8 pieces.
- ☐ Roll each piece into a 12-inch rope. Use the ruler to measure, if you like. Twist halves together to make a pretzel shape. Pinch edges to seal. Put pretzels on the cookie sheet (you do not need to grease the cookie sheet).
- ☐ Crack the egg on side of the small bowl, letting egg slip into bowl. Beat egg with the fork until yolk and white are mixed.
- ☐ Brush egg over pretzels, using the pastry brush.
- ☐ Sprinkle lightly with your favorite topping, if you like.
- ☐ Bake 9 to 11 minutes or until pretzels are light golden brown. Use the pot holders to take cookie sheet out of oven. Take pretzels off cookie sheet, using the pancake turner. Cool

pretzels for 10 minutes on the wire cooling rack.

Nutrition Facts



Properties

Glycemic Index:24.07, Glycemic Load:7.49, Inflammation Score:-1, Nutrition Score:2.8939130617225%

Nutrients (% of daily need)

Calories: 75.22kcal (3.76%), Fat: 2.66g (4.09%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.26g (3.73%), Sugar: 0.78g (0.87%), Cholesterol: 11.45mg (3.82%), Sodium: 133.75mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Selenium: 5.5µg (7.86%), Vitamin B1: 0.11mg (7.34%), Folate: 24.94µg (6.23%), Vitamin B2: 0.09mg (5.32%), Calcium: 50.25mg (5.02%), Manganese: 0.1mg (5%), Phosphorus: 43.48mg (4.35%), Iron: 0.76mg (4.25%), Vitamin B3: 0.78mg (3.91%), Vitamin K: 3.2µg (3.05%), Copper: 0.04mg (2.04%), Fiber: 0.4g (1.61%), Magnesium: 6.23mg (1.56%), Zinc: 0.2mg (1.37%), Vitamin B5: 0.14mg (1.36%), Vitamin B12: 0.08µg (1.32%), Vitamin E: 0.18mg (1.21%), Vitamin D: 0.17µg (1.11%), Vitamin B6: 0.02mg (1.02%)