



Real Bagels



Vegetarian



Vegan



Dairy Free

READY IN



160 min.

SERVINGS



12

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon yeast dry
- ☐ 6.5 cups bread flour divided
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon karo syrup
- ☐ 0.8 cup sugar
- ☐ 2 cups water (100° to 110°)
- ☐ 12 cups water

Equipment

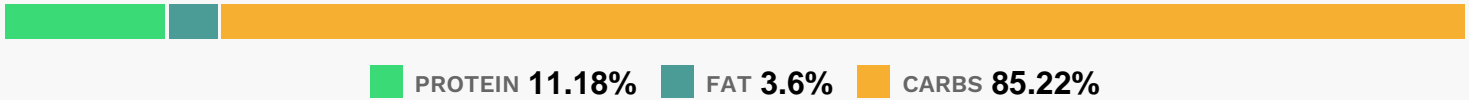
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ stand mixer
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Combine 2 cups warm water and yeast in the bowl of a stand mixer fitted with dough hook; let stand 5 minutes or until bubbles form on the surface. Weigh or lightly spoon 13 ounces flour (about 6 1/4 cups) into dry measuring cups; level with a knife.
- ☐ Add flour, syrup, and salt to yeast mixture.
- ☐ Mix dough at low speed 6 minutes. Turn dough out onto a floured surface. Knead 2 minutes or until smooth and elastic; add enough of remaining 1/4 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 30 minutes.
- ☐ Turn dough out onto a lightly floured surface, and divide into 12 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), shape each portion into a ball. Make a hole in the center of each ball using your index finger. Using fingers of both hands, gently pull dough away from center to make a 1 1/2-inch hole.
- ☐ Place bagels on a baking sheet coated with cooking spray. Lightly coat bagels with cooking spray; cover with plastic wrap.
- ☐ Let rise 10 minutes (bagels will rise only slightly).
- ☐ Preheat oven to 45

- ☐
- Combine 12 cups water and 3/4 cup sugar in a Dutch oven, and bring to a boil. Gently lower 3 bagels into pan. Cook for 30 seconds.
- ☐
- Transfer the bagels to a wire rack lightly coated with cooking spray. Repeat the procedure with remaining bagels, working in batches of Divide the bagels between two baking sheets lined with parchment paper.
- ☐
- Bake at 450 for 7 minutes. Rotate pans, and bake for 7 minutes or until golden. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:40.54, Inflammation Score:-2, Nutrition Score:5.6752174508798%

Nutrients (% of daily need)

Calories: 297.98kcal (14.9%), Fat: 1.18g (1.82%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 62.96g (20.99%), Net Carbohydrates: 61.26g (22.28%), Sugar: 13.73g (15.25%), Cholesterol: 0mg (0%), Sodium: 404.23mg (17.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Selenium: 26.98µg (38.54%), Manganese: 0.54mg (26.93%), Copper: 0.17mg (8.48%), Folate: 28.41µg (7.1%), Fiber: 1.69g (6.78%), Phosphorus: 67.33mg (6.73%), Vitamin B1: 0.08mg (5.51%), Magnesium: 19.84mg (4.96%), Zinc: 0.63mg (4.17%), Vitamin B3: 0.78mg (3.91%), Iron: 0.62mg (3.47%), Vitamin B5: 0.33mg (3.32%), Vitamin B2: 0.05mg (3.14%), Potassium: 70.51mg (2.01%), Calcium: 20.05mg (2%), Vitamin E: 0.27mg (1.81%), Vitamin B6: 0.03mg (1.45%)