



Salted Beer Pretzel Crescents

READY IN



25 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup baking soda
- ☐ 1 teaspoon coarse salt (kosher or sea)
- ☐ 1 eggs
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 2 oz cheddar cheese shredded
- ☐ 12 oz porter

Equipment

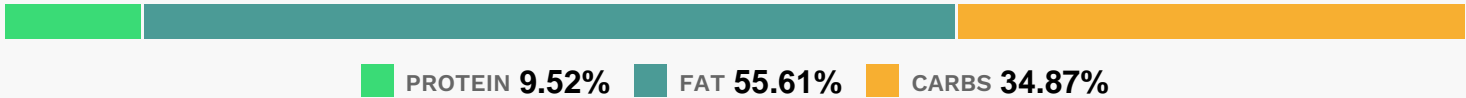
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Heat oven to 375°F. Spray cookie sheet with cooking spray or line with cooking parchment paper.
- ☐ Separate crescent dough into 8 triangles.
- ☐ Place 1 tablespoon cheese on wide end of each triangle.
- ☐ Roll up, starting at shortest side, rolling to opposite point.
- ☐ In small bowl, beat egg and 1 tablespoon of the beer with whisk until blended; set aside.
- ☐ In large microwavable bowl, microwave remaining beer uncovered on High 1 minute 30 seconds or until hot. Slowly add baking soda; stir until dissolved. Dip each crescent, one at a time, into beer mixture.
- ☐ Remove with large pancake turner or slotted spoon; place on cooling rack.
- ☐ Let stand, at room temperature about 5 minutes.
- ☐ Brush crescents with egg mixture, and sprinkle with coarse salt. Carefully transfer to cookie sheet. Curve ends of each into crescent shapes.
- ☐ Bake 10 to 12 minutes or until tops are deep golden brown.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.4700000004276%

Nutrients (% of daily need)

Calories: 150.97kcal (7.55%), Fat: 9.03g (13.89%), Saturated Fat: 4.08g (25.53%), Carbohydrates: 12.74g (4.25%),
Net Carbohydrates: 12.74g (4.63%), Sugar: 2.88g (3.2%), Cholesterol: 27.55mg (9.18%), Sodium: 1593.39mg
(69.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Calcium: 53.37mg (5.34%), Selenium:
3.7µg (5.29%), Phosphorus: 43.35mg (4.34%), Vitamin B2: 0.06mg (3.32%), Iron: 0.47mg (2.6%), Zinc: 0.33mg
(2.21%), Vitamin B12: 0.12µg (2.07%), Vitamin A: 100.72IU (2.01%), Vitamin B5: 0.11mg (1.14%), Folate: 4.07µg (1.02%),
Vitamin D: 0.15µg (1.02%)