



Soft Pretzel Rolls



Vegetarian



Vegan



Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



164 kcal

Ingredients

- ☐ 0.3 ounce yeast dry ()
- ☐ 0.3 cup baking soda
- ☐ 2.8 cups bread flour for dusting plus more the work surface
- ☐ 1 tablespoon granulated sugar
- ☐ 1 teaspoon kosher salt plus more for sprinkling
- ☐ 1 cup water (105°F to 115°F)

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ stand mixer
- ☐ slotted spoon

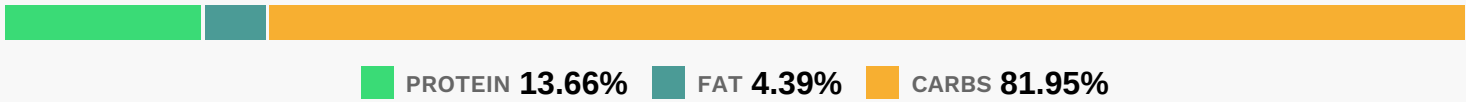
Directions

- ☐ Place the warm water in the bowl of a stand mixer and sprinkle the yeast on top. Set aside to rest until the mixture bubbles, about 5 minutes. (If the mixture does not bubble, either the liquid was not at the correct temperature or the yeast is old.) Meanwhile, coat a large mixing bowl with a thin layer of vegetable oil and set aside.
- ☐ Place the flour, sugar, and measured salt in a large bowl and whisk briefly to break up any lumps and combine. Once the yeast is ready, fit the bowl on the mixer, attach a dough hook, and dump in the flour mixture.
- ☐ Mix on the lowest setting until the dough comes together, then increase to medium speed and mix until the dough is elastic and smooth, about 8 minutes. Form the dough into a ball, place in the oiled mixing bowl, and turn the dough to coat in oil. Cover with a clean, damp dishtowel and let rest in a warm place until the dough doubles in size, about 30 to 35 minutes. Line a baking sheet with parchment paper, coat the paper with vegetable oil, and set aside. Once the dough has risen, punch it down and knead it on a floured, dry surface just until it becomes smooth and springs back when poked, about 1 minute. Divide the dough into 8 pieces and form into oblong rolls.
- ☐ Place the rolls on the baking sheet and cut 4 (2-inch) diagonal slashes across the top of each. Cover with a damp towel and let the dough rise in a warm place until almost doubled in volume, about 15 to 20 minutes. Meanwhile, heat the oven to 425°F and bring the 6 cups of water to a boil in a large saucepan over high heat. Once the rolls have risen, stir the baking soda into the boiling water (the water will foam up slightly). Boil two or three rolls for 2 minutes per side. Using a slotted spoon, remove the rolls, drain, and place on the baking sheet, cut side up.
- ☐ Sprinkle well with salt and repeat with the remaining rolls. Once all the rolls are ready, place in the oven and bake until golden brown, about 10 to 12 minutes.

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Serve hot.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:21.24, Inflammation Score:-1, Nutrition Score:4.2217391275031%

Nutrients (% of daily need)

Calories: 163.77kcal (8.19%), Fat: 0.79g (1.21%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 31.75g (11.55%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 1319.49mg (57.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.01%), Selenium: 17.15µg (24.49%), Manganese: 0.34mg (17.19%), Vitamin B1: 0.13mg (8.79%), Folate: 34.91µg (8.73%), Fiber: 1.27g (5.08%), Phosphorus: 47.32mg (4.73%), Copper: 0.09mg (4.36%), Vitamin B3: 0.79mg (3.93%), Vitamin B2: 0.06mg (3.62%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.44mg (2.93%), Magnesium: 11.52mg (2.88%), Iron: 0.41mg (2.27%), Potassium: 51.52mg (1.47%), Vitamin B6: 0.03mg (1.46%), Vitamin E: 0.17mg (1.15%)