



Soft Pretzels

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



135 kcal

SIDE DISH

Ingredients

- 2 tablespoons baking soda
- 1 teaspoon cornmeal
- 2.3 teaspoons yeast dry
- 1 large eggs
- 14.5 ounces flour all-purpose divided
- 2 teaspoons kosher salt
- 1 teaspoon salt
- 1.5 teaspoons sugar

- 1 cup warm water (100° to 110°)
- 1 teaspoon water
- 6 cups water

Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- spatula
- measuring cup
- dutch oven

Directions

- Dissolve yeast and sugar in warm water in a large bowl, and let stand for 5 minutes.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Add 3 cups flour and 1 teaspoon salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 8 minutes).
- Add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky).
- 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, 40 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- Preheat oven to 42
- Divide dough into 12 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into an 18-inch-long rope with tapered ends. Cross one end of rope over the other to form a circle, leaving about 4 inches at end of each rope. Twist the rope at the base of the circle. Fold the ends over the circle and into a traditional pretzel shape, pinching gently to seal.

- Place pretzels on a baking sheet lightly coated with cooking spray. Cover and let rise 10 minutes (pretzels will rise only slightly).
- Combine 6 cups water and baking soda in a nonaluminum Dutch oven. Bring to a boil; reduce heat, and simmer. Gently lower 1 pretzel into simmering water mixture; cook 15 seconds. Turn pretzel with a slotted spatula; cook an additional 15 seconds.
- Transfer pretzel to a wire rack coated with cooking spray. Repeat procedure with remaining pretzels.
- Place pretzels on a baking sheet sprinkled with cornmeal.
- Combine 1 teaspoon water and egg in a small bowl, stirring with a fork until smooth.
- Brush a thin layer of egg mixture over pretzels; sprinkle with kosher salt.
- Bake at 425 for 12 minutes or until pretzels are deep golden brown.
- Transfer to a wire rack to cool.

Nutrition Facts



PROTEIN 13.03% **FAT 5.35%** **CARBS 81.62%**

Properties

Glycemic Index:17.8, Glycemic Load:19.33, Inflammation Score:-3, Nutrition Score:5.7808695740026%

Nutrients (% of daily need)

Calories: 135.11kcal (6.76%), Fat: 0.79g (1.21%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 25.93g (9.43%), Sugar: 0.61g (0.68%), Cholesterol: 15.5mg (5.17%), Sodium: 1142.4mg (49.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin B1: 0.34mg (22.35%), Folate: 78.35µg (19.59%), Selenium: 12.96µg (18.51%), Vitamin B2: 0.21mg (12.46%), Manganese: 0.24mg (11.96%), Vitamin B3: 2.26mg (11.32%), Iron: 1.69mg (9.36%), Phosphorus: 49.34mg (4.93%), Fiber: 1.1g (4.39%), Copper: 0.08mg (3.9%), Vitamin B5: 0.29mg (2.94%), Magnesium: 9.93mg (2.48%), Zinc: 0.36mg (2.4%), Vitamin B6: 0.03mg (1.59%), Potassium: 48.64mg (1.39%), Calcium: 12.17mg (1.22%)