



Soft Pretzels



Vegetarian



Dairy Free

READY IN



135 min.

SERVINGS



28

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons active yeast dry
- ☐ 1 tablespoon agave nectar
- ☐ 28 servings coarse salt
- ☐ 2 large eggs
- ☐ 2.8 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon sea salt
- ☐ 2.5 cups flour whole-wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Mix 1 1/2 cups warm water (110 degrees F to 115 degrees F), the yeast and agave in a bowl. Set aside 5 minutes.
- ☐ In a food processor fitted with the dough blade, pulse the whole-wheat flour, 2 cups all-purpose flour and the sea salt.
- ☐ Add 1 egg and the yeast mixture and pulse in 10-second intervals until the dough comes together, about 3 pulses. Turn out onto a floured board. Knead 10 to 12 times, adding up to 3/4 cup more flour if the dough is too sticky.
- ☐ Cut the dough into 4 equal portions; cover with a clean towel.
- ☐ On a floured board, roll out one piece of dough into a 14-by-11-inch rectangle, 1/4 inch thick, with a shorter side facing you.
- ☐ To make plain pretzels, cut the dough rectangle into seven 11-by-2-inch strips. For stuffed pretzels, follow the filling instructions, then cut into strips.
- ☐ One at a time, pinch the cut long edges of each strip together and roll into a 12-inch rope with your hands.
- ☐ Transfer the rope to a baking sheet lined with parchment paper. Grab the ends and bring them toward each other, forming a U shape, then cross the left end over the right end to make a pretzel shape. Cross the left end over the right again to make a twist in the middle. Repeat with the remaining dough, spacing the pretzels 3 inches apart. Set aside for 10 to 15 minutes; preheat the oven to 475 degrees F.
- ☐ Beat the remaining egg in a bowl.
- ☐ Brush the pretzels with the egg; sprinkle with salt or other toppings.
- ☐ Bake until browned, 16 to 18 minutes.

Nutrition Facts



 **PROTEIN 14.21%**  **FAT 7.42%**  **CARBS 78.37%**

Properties

Glycemic Index:3.21, Glycemic Load:6.86, Inflammation Score:-2, Nutrition Score:5.0013043595397%

Nutrients (% of daily need)

Calories: 89.24kcal (4.46%), Fat: 0.75g (1.15%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 16.23g (5.9%), Sugar: 0.6g (0.67%), Cholesterol: 13.29mg (4.43%), Sodium: 282.51mg (12.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Manganese: 0.52mg (26.09%), Selenium: 11.91µg (17.01%), Vitamin B1: 0.18mg (11.74%), Folate: 34.1µg (8.52%), Vitamin B3: 1.35mg (6.75%), Fiber: 1.54g (6.15%), Vitamin B2: 0.1mg (6.14%), Phosphorus: 59.95mg (6%), Iron: 1.03mg (5.7%), Magnesium: 17.94mg (4.48%), Copper: 0.07mg (3.27%), Vitamin B6: 0.06mg (3%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.2mg (2.02%), Potassium: 59.09mg (1.69%)