



Soft Pretzels



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.8 cups flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 1.5 teaspoons salt
- ☐ 2.3 teaspoons yeast dry
- ☐ 1.5 cups water
- ☐ 2 tablespoons vegetable oil
- ☐ 1 sheets pam original flavor shopping list
- ☐ 1 cup water

- ☐ 2 teaspoons baking soda
- ☐ 2 teaspoons coarse salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ spatula
- ☐ cutting board
- ☐ pastry brush

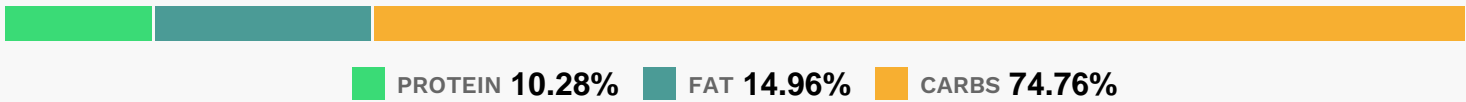
Directions

- ☐ In a large bowl, stir 2 cups of the flour, the sugar, salt and yeast with a wooden spoon until well mixed. In a 1-quart saucepan, heat 1 1/2 cups water over medium heat until very warm and an instant-read thermometer reads 120°F to
- ☐ °F.
- ☐ Add the warm water and oil to the flour mixture. Beat with an electric mixer on low speed 1 minute, stopping frequently to scrape batter from side and bottom of bowl with a rubber spatula. Beat on medium speed 1 minute, stopping frequently to scrape bowl. With a wooden spoon, stir in enough of the remaining flour, about 1/2 cup at time, until dough is soft, leaves side of bowl and is easy to handle (dough maybe slightly sticky).
- ☐ Sprinkle flour lightly on a countertop or large cutting board.
- ☐ Place dough on floured surface. Knead by folding dough toward you, then with the heels of your hands, pushing dough away from you with a short rocking motion. Move dough a quarter turn and repeat. Continue kneading about 5 minutes, sprinkling surface with more flour if

dough starts to stick, until dough is smooth and springy. Lightly spray a sheet of plastic wrap with cooking spray; cover the dough loosely with the plastic wrap, sprayed side down.

- ☐ Let rest 10 minutes.
- ☐ Move the oven rack to the middle of the oven.
- ☐ Heat the oven to 425°F. Spray cookie sheets with the cooking spray. In a shallow bowl, stir 1 cup water and the baking soda to make pretzel “wash.”
- ☐ Divide dough into 16 equal pieces. With your hands, roll each piece into a 24-inch rope (dip hands in pretzel wash to make rolling dough easier). To make pretzel shape, form rope into a circle, crossing ends at top. Fold dough so crossed ends rest on bottom of circle. Stir pretzel wash; brush over both sides of pretzel, using a pastry brush.
- ☐ Place pretzel on cookie sheet. Repeat with remaining dough. Reserve remaining pretzel wash. Cover pretzels loosely with plastic wrap. To make thin pretzels, let rest about 5 minutes or until very slightly puffed. To make thicker pretzels, let rise in a warm place 15 to 20 minutes or until puffed.
- ☐ Just before baking, brush pretzels with reserved wash; sprinkle with coarse salt.
- ☐ Bake 1 cookie sheet at a time 10 to 13 minutes or until golden brown.
- ☐ Remove from cookie sheets to a cooling rack; cool at least 15 minutes.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:16.7, Inflammation Score:-2, Nutrition Score:4.6586957033724%

Nutrients (% of daily need)

Calories: 126.47kcal (6.32%), Fat: 2.07g (3.19%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 22.39g (8.14%), Sugar: 0.83g (0.92%), Cholesterol: 0mg (0%), Sodium: 648.2mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Vitamin B1: 0.28mg (18.54%), Folate: 63.85µg (15.96%), Selenium: 9.97µg (14.25%), Manganese: 0.2mg (10.13%), Vitamin B2: 0.16mg (9.55%), Vitamin B3: 1.91mg (9.53%), Iron: 1.37mg (7.63%), Fiber: 0.91g (3.63%), Phosphorus: 34.43mg (3.44%), Vitamin K: 3.22µg (3.06%), Copper: 0.05mg (2.52%), Vitamin B5: 0.19mg (1.87%), Magnesium: 7.06mg (1.77%), Zinc: 0.24mg (1.63%), Vitamin E: 0.16mg (1.04%), Potassium: 35.65mg (1.02%)