



Soft Pretzels



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



20

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 tsp active yeast dry
- ☐ 0.3 cup baking soda
- ☐ 0.3 cup coarse salt
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1.5 cups flour whole-wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Stir 1 cup warm water (105F to 110F), yeast, sugar and salt in an electric mixer fitted with a dough hook. Set aside until yeast has dissolved and mixture bubbles, about 5 minutes. Stir in both flours, set mixer speed to medium and knead with dough hook until dough is smooth and elastic, about 10 minutes. (Or, mix with a wooden spoon and knead by hand.)
- ☐ Transfer dough to an oiled bowl, cover with a clean kitchen towel and set aside in a warm, draft-free spot until doubled in size, about 1 hour.
- ☐ Preheat oven to 425F. Oil 2 large baking sheets. Stir baking soda and 2 cups warm water in a bowl until dissolved.
- ☐ Turn dough out onto a floured work surface; cut into 20 equal-size balls. Working with 1 at a time, roll and stretch each ball to form thin, 12- to 15-inch-long ropes. Twist each into a pretzel shape.
- ☐ Use a slotted spoon to dip each pretzel into baking soda solution; place on a baking sheet. Reshape as needed.
- ☐ Sprinkle with coarse salt.
- ☐ Bake until browned, about 10 minutes.
- ☐ Remove sheets to a wire rack to cool for 10 minutes; transfer pretzels to rack to cool further.

Nutrition Facts



 **PROTEIN 14.08%**  **FAT 5.21%**  **CARBS 80.71%**

Properties

Glycemic Index:7.25, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:3.3139130235042%

Nutrients (% of daily need)

Calories: 49.57kcal (2.48%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 9.21g (3.35%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 1883.66mg (81.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Manganese: 0.4mg (20.14%), Selenium: 7.19µg (10.27%), Vitamin B1: 0.12mg (8.03%), Folate: 20.73µg (5.18%), Fiber: 1.18g (4.73%), Vitamin B3: 0.86mg (4.32%), Phosphorus: 39.42mg (3.94%), Magnesium: 13.59mg (3.4%), Iron: 0.56mg (3.12%), Vitamin B2: 0.05mg (3.06%), Copper: 0.05mg (2.32%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.12mg (1.22%), Potassium: 41.34mg (1.18%)