



## Soft Pretzels with Queso Poblano Sauce and Mustard Sauce

 Vegetarian

READY IN



145 min.

SERVINGS



8

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 package active yeast dry
- 0.8 cup baking soda
- 2 tablespoons brown muscovado sugar light
- 3 tablespoons freshly cilantro leaves chopped
- 8 servings sea salt
- 0.5 cup dijon mustard
- 1 tablespoon flour all-purpose

- 4.5 cups flour all-purpose
- 8 servings honey to taste
- 2.5 teaspoons kosher salt
- 12 ounces monterrey jack cheese grated
- 2 poblano chiles peeled seeded chopped
- 8 servings salt and pepper black freshly ground
- 1 tablespoon butter unsalted
- 3 ounces butter unsalted melted
- 8 servings vegetable oil
- 1.5 cups warm water
- 3 quarts water
- 2 eggs whole with 1 tablespoon cold water beaten
- 1 cup milk whole
- 0.5 cup whole-grain mustard

## Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- plastic wrap
- roasting pan
- stand mixer
- spatula

## Directions

- Watch how to make this recipe.

- Melt the butter in a medium saucepan over medium heat.
- Add the flour and cook 1 minute.
- Whisk in the milk and cook until slightly thickened.
- Remove from heat and stir in the Monterey Jack cheese, poblano chiles, and season with salt and pepper, to taste.
- Place the queso sauce into a bowl and sprinkle with chopped poblano.
- Whisk together the mustards and honey, to taste, until combined.
- Let sit at least 30 minutes before serving.;
- Line 2 half sheet pans with parchment paper and spray liberally with vegetable spray.
- Combine the water, sugar, yeast, and butter in the bowl of a stand mixer and mix with the dough hook until combined.
- Let sit for 5 minutes.
- Add the salt and flour and mix on low speed until combined. Increase the speed to medium and continue kneading until the dough is smooth and begins to pull away from the side of the bowl, about 3 to 4 minutes. If the dough appears too wet, add additional flour, 1 tablespoon at a time.
- Remove the dough from the bowl, place on a flat surface and knead into a ball with your hands.
- Oil a bowl with vegetable oil, add the dough and turn to coat with the oil. Cover with a clean towel or plastic wrap and place in a warm spot until the dough doubles in size, about 1 hour.
- Preheat the oven to 425 degrees F.
- Bring the water to a boil in a small roasting pan over high heat and add the baking soda.
- Remove the dough from the bowl and place on a flat surface. Divide the dough into 8 equal pieces, about 4 1/4 to 4 1/2 ounces each.
- Roll each piece into a long rope measuring 22 inches and shape: take the right side and cross over to the left. Cross right to left again and flip up. Boil the pretzels in the water solution, 2 at a time for 30 seconds, splashing the tops with the warmed water using a spoon.
- Remove with a large flat slotted spatula or a spider.
- Place 4 pretzels on each baking sheet, brush the tops with the egg wash and season liberally with the salt.
- Place into the oven and bake for 15 to 18 minutes until golden brown.

Remove to a baking rack and let rest 5 minutes before eating. Dip into desired sauces.

## Nutrition Facts



### Properties

Glycemic Index:50.66, Glycemic Load:43.16, Inflammation Score:-8, Nutrition Score:24.064347702524%

### Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

### Nutrients (% of daily need)

Calories: 725.27kcal (36.26%), Fat: 40.82g (62.8%), Saturated Fat: 17.75g (110.91%), Carbohydrates: 68.34g (22.78%), Net Carbohydrates: 64.3g (23.38%), Sugar: 11.74g (13.04%), Cholesterol: 109.05mg (36.35%), Sodium: 4648.53mg (202.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Selenium: 45.17µg (64.54%), Vitamin B1: 0.76mg (50.67%), Folate: 169.49µg (42.37%), Calcium: 413.41mg (41.34%), Vitamin B2: 0.68mg (40.08%), Phosphorus: 367.08mg (36.71%), Manganese: 0.69mg (34.38%), Vitamin K: 31.31µg (29.82%), Vitamin C: 24.12mg (29.24%), Iron: 4.5mg (24.98%), Vitamin B3: 4.98mg (24.88%), Vitamin A: 888.07IU (17.76%), Fiber: 4.05g (16.19%), Zinc: 2.42mg (16.14%), Magnesium: 55.41mg (13.85%), Vitamin E: 1.94mg (12.94%), Copper: 0.24mg (12.15%), Vitamin B12: 0.64µg (10.62%), Vitamin B6: 0.21mg (10.36%), Vitamin B5: 0.95mg (9.49%), Potassium: 291.62mg (8.33%), Vitamin D: 1µg (6.64%)