



Spiced Honey Pretzels

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- 4 cups pretzel sticks thin
- 3 tablespoons honey
- 2 teaspoons butter melted
- 1 teaspoon onion powder
- 1 teaspoon chili powder

Equipment

- bowl
- frying pan

- oven
- wire rack
- baking pan
- aluminum foil

Directions

- Line a 15x10x1-in. baking pan with foil; coat the foil with cooking spray.
- Place pretzels in a large bowl.
- In a small bowl, combine the honey, butter, onion powder and chili powder.
- Pour over pretzels; toss to coat evenly.
- Spread into prepared pan.
- Bake at 350° for 8 minutes, stirring once. Cool on a wire rack, stirring gently several times to separate.

Nutrition Facts



Properties

Glycemic Index:23.16, Glycemic Load:21.28, Inflammation Score:-2, Nutrition Score:3.6578260598623%

Nutrients (% of daily need)

Calories: 141.98kcal (7.1%), Fat: 1.87g (2.88%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 28.23g (10.27%), Sugar: 7.12g (7.91%), Cholesterol: 2.69mg (0.9%), Sodium: 359.83mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Manganese: 0.28mg (13.75%), Folate: 51.1µg (12.78%), Vitamin B1: 0.12mg (8.04%), Iron: 1.37mg (7.6%), Vitamin B3: 1.52mg (7.58%), Vitamin B2: 0.1mg (5.82%), Fiber: 1.09g (4.37%), Phosphorus: 38.01mg (3.8%), Copper: 0.05mg (2.52%), Magnesium: 8.96mg (2.24%), Zinc: 0.33mg (2.2%), Potassium: 74.17mg (2.12%), Vitamin A: 105.36IU (2.11%), Selenium: 1.39µg (1.99%), Vitamin E: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.48%), Vitamin K: 1.15µg (1.09%), Vitamin B5: 0.11mg (1.05%), Calcium: 10.12mg (1.01%)