



Sweet Pretzels



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1 large egg whites
- ☐ 12 servings dough sweet
- ☐ 6 tablespoons pearl sugar

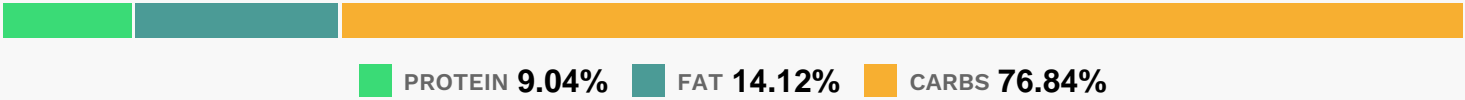
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ kitchen towels

Directions

- ☐ Line 2 large baking sheets withparchment. Punch down dough;divide into 12 equal pieces.
- ☐ Working with 1 piece at atime and keeping remainingdough covered with a kitchentowel, roll dough on a lightlyfloured surface into a 17"-long rope. Form rope into aU shape. Lift top of left end;fold over or under oppositeside; press together gentlyabout two-thirds down fromthe top of right side. Lift rightend up, fold over, and press inor tuck under, forming a pretzelshape. Repeat with remainingdough. Divide pretzels betweensheets, spacing about 2" apart.Loosely cover with plastic wrapor a kitchen towel.
- ☐ Let doughrise in a warm, draft-free areauntil slightly puffed but notdoubled in size, 30-45 minutes.
- ☐ Meanwhile, arrange racks inupper and lower thirds of oven;preheat to 375°F. Beat egg whiteand 2 teaspoons warm water in a smallbowl.
- ☐ Brush each pretzel all overwith egg wash, then sprinkleeach with 1/2 tablespoon pearl sugar.
- ☐ Bake for 10 minutes; rotatebaking sheets and continuebaking until pretzels are golden,6-8 minutes longer.
- ☐ Let pretzelscool on a wire rack.
- ☐ Serve warm or at roomtemperature.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:1.8308695878672%

Nutrients (% of daily need)

Calories: 73.24kcal (3.66%), Fat: 1.14g (1.76%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.65g (4.96%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 96.33mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Selenium: 4.98µg (7.11%), Vitamin B1: 0.1mg (6.86%), Manganese: 0.09mg (4.54%), Vitamin B2: 0.08mg (4.52%), Folate: 16.83µg (4.21%), Vitamin B3: 0.78mg (3.88%), Iron: 0.61mg (3.4%), Phosphorus: 14.66mg (1.47%), Fiber: 0.36g (1.44%)