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## Chocolate Chip Bagel ♦♦

A delicious bagel with chocolate chips, perfect for breakfast or a snack.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

250 g	Flour
50 g	Sugar
5 g	Yeast
5 g	Salt
150 ml	Water
100 g	chocolate chips

# Directions

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## Step 1

Mixing

In a large bowl, mix together the flour, sugar, yeast, and salt.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Slowly add water to the dry ingredients and mix until a dough forms.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Kneading

Knead the dough on a lightly floured surface for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Resting

Place the dough in a greased bowl, cover with a damp cloth, and let it rise for 1 hour.

**Prep Time:** 60 mins

**Cook Time:** 0 mins

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## Step 5

### Cutting

Punch down the dough and divide it into 5 equal portions.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Shaping

Shape each portion into a bagel shape and place them on a baking sheet.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 7

### Resting

Cover the bagels with a damp cloth and let them rise for another 30 minutes.

**Prep Time:** 30 mins

**Cook Time:** 0 mins

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## Step 8

Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 9

Boiling

Boil a large pot of water and add the bagels, boiling for 1-2 minutes on each side.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 10

Remove the bagels from the water and place them back on the baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 11

Sprinkling

Sprinkle chocolate chips on top of each bagel.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 12

Baking

Bake the bagels in the preheated oven for 20-25 minutes, or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 5 g

**Protein:** 8 g

**Carbohydrates:** 55 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	55 g	100%	110%
Fibers	3 g	7.89%	12%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas

Picnic

### Meal Type

Breakfast

Snack

Supper

## Kitchen Tools

Slow Cooker

## Course

Desserts

Breads

Salads

Snacks

## Cultural

Chinese New Year

## Cost

Under \$10

\$20 to \$30

## Demographics

Senior Friendly

## Diet

Vegan Diet

Pescatarian Diet

Lacto-Vegetarian Diet

Blood Type Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The SlimFast Diet

The Best Life Diet

## Difficulty Level

Easy

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