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Pretzel with Butter & Parmesan

A classic pretzel recipe with a twist. This pretzel is topped with melted butter and grated Parmesan cheese, giving it a rich and savory flavor. It's perfect as a snack or appetizer.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

500 g	Pretzel Dough
50 g	butter
50 g	Parmesan Cheese

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Divide the pretzel dough into 10 equal portions and shape them into pretzel knots.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Boiling

Boil water in a large pot and add baking soda. Boil the pretzel knots for 1-2 minutes.

Prep Time: 5 mins

Cook Time: 2 mins

Step 4

Transfer the boiled pretzel knots to a baking sheet lined with parchment paper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stirring

Brush the pretzel knots with melted butter and sprinkle grated Parmesan cheese on top.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 12-15 minutes, or until golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas Easter Barbecue Picnic

Kitchen Tools

Slow Cooker

Course

Appetizers Side Dishes Salads Snacks

Cultural

Chinese New Year Easter

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Low Sodium Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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