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## Sesame Pretzel without Butter ♦♦

The Sesame Pretzel without Butter is a vegan recipe that is perfect for snack time. It is a twist on the classic pretzel, but without the use of butter. Instead, it is coated with sesame seeds for added flavor. This recipe is easy to make and can be enjoyed by vegans and non-vegans alike.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>400 g</b>	All-Purpose Flour
<b>200 ml</b>	warm water
<b>7 g</b>	active dry yeast
<b>2 tsp</b>	Salt
<b>2 tsp</b>	Sugar

50 g Sesame Seeds

## Directions

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### Step 1

In a small bowl, dissolve yeast and sugar in warm water. Let it sit for 5 minutes until frothy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a large mixing bowl, combine flour and salt. Add the yeast mixture and stir until a dough forms.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Kneading

Knead the dough on a lightly floured surface for about 5 minutes until smooth and elastic.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Shaping

Divide the dough into 10 equal pieces. Roll each piece into a rope shape and twist into a pretzel shape.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 5

Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Boiling

Bring a large pot of water to a boil. Add baking soda to the boiling water.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

### Boiling

Boil the pretzels in the water for 30 seconds, then remove them with a slotted spoon and place them on a baking sheet lined with parchment paper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

### Sprinkling

Brush the pretzels with water and sprinkle sesame seeds on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

### Baking

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

**Prep Time:** 0 mins

**Cook Time:** 12 mins

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## Step 10

### Cooling

Remove from the oven and let cool before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 1 g

**Protein:** 5 g

**Carbohydrates:** 31 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)
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Carbohydrates	31 g	56.36%	62%
Fibers	2 g	5.26%	8%
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	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
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	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	70 mg	2.06%	2.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Desserts

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

## Events

Barbecue

## Cooking Method

Carbonating

Whipping

Cut

Mixing

Serving

Cooking

## Meal Type

Snack

Lunch

Supper

## Difficulty Level

Medium

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