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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

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

Directions

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

Step 2



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

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

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

Step 5

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 0 mins

Cook Time: 0 mins

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

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

Step 8

Sprinkling

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

Prep Time: 0 mins

Cook Time: 0 mins

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

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

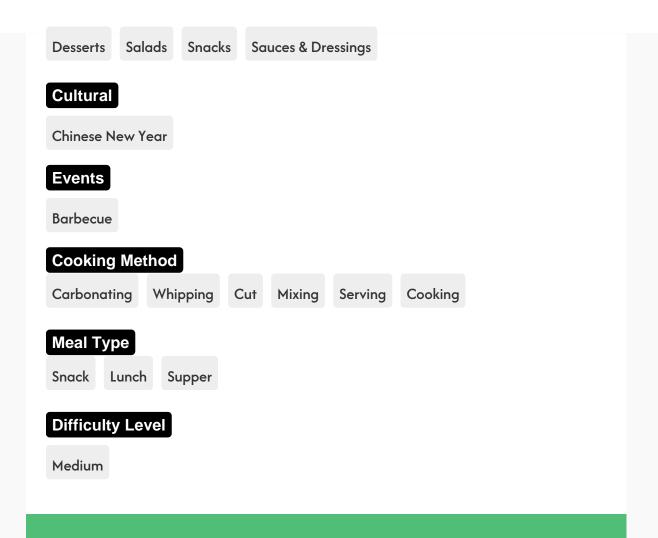
Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course



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