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Garlic Pretzel without Butter ♦♦

This recipe is a variation of the classic pretzel, but without the use of butter. It is a delicious and flavorful snack that can be enjoyed by vegetarians. The pretzels are seasoned with garlic for an extra kick of flavor.

Recipe Type: Vegetarian

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

300 g	All-Purpose Flour
200 ml	warm water
7 g	active dry yeast
10 g	Sugar
5 g	Salt

2 tsp	Garlic powder
2 tsp	Baking Soda
500 ml	warm water
10 g	coarse salt

Directions

Step 1

In a large mixing bowl, combine the flour, sugar, salt, and garlic powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, dissolve the yeast in warm water and let it sit for 5 minutes until foamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Pour the yeast mixture into the dry ingredients and mix until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

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 5

Resting

Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for 1 hour or until doubled in size.

Prep Time: 60 mins

Cook Time: 0 mins

Step 6

Preheating

Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Boiling

In a large pot, bring water and baking soda to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Rolling

Divide the dough into 10 equal pieces and roll each piece into a long rope.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Boiling

Shape each rope into a pretzel shape and dip it into the boiling water for 30 seconds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Baking

Transfer the boiled pretzels onto the prepared baking sheet, sprinkle with coarse salt, and bake for 12-15 minutes or until golden brown.

Prep Time: 5 mins

Cook Time: 15 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 4 g

Carbohydrates: 33 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	33 g	60%	66%
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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	1 mg	0.1%	0.1%
Iron	10 mg	125%	55.56%
Potassium	50 mg	1.47%	1.92%
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

Events

Picnic

Course

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Passover

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Meal Type

Brunch

Supper

Snack

Difficulty Level

Medium

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