

Good Source of Fiber Soft Pretzel with Hi-maize® Resistant Starch

Ingredients	Home Measurement
A.	
Warm water (100°F)	2/3 cup
Kosher Salt	½ tsp
All Purpose Flour	1½ cup + 3 T
Hi-maize® 260 resistant starch	3 T
Sugar, granulated	1¼ tsp
Butter, unsalted	1 T
Active Dry Yeast	½ tsp
Total	
B.	
Water	10 cups
Baking Soda	2/3 cup

Nutrition Facts

Serving Size (55g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 170mg **7%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: All purpose flour, water, resistant corn starch (**Hi-maize® 260**), butter, unsalted, sugar granulated, kosher salt, active dry yeast.

Preparation: (makes eight 55-gram pretzels)

- Combine the warm water, sugar, and kosher salt in the bowl of a stand mixer and sprinkle the yeast on top.
- Allow to sit for 5 minutes or until the mixture begins to foam.
- Add the flour and softened butter, and using the dough hook attachment, mix on low speed until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl for approximately 4-5 minutes. Remove the dough from the bowl, clean the bowl and then oil it well with the vegetable oil.
- Return the dough to the bowl, cover with plastic wrap, and place in a warm place for approximately one hour or until the dough has doubled in size.
- Preheat the oven to 450°F. Line 2 half-sheet pans with parchment paper and lightly brush with canola oil. Set aside.
- Bring 10 cups of water and 2/3 cups of baking soda (Part B in the recipe) to a rolling boil in a large pot.
- Divide dough into eight equal pieces (approx. 55 grams apiece) and form into pretzel shape.
- Place pretzels into the boiled water, individually, for 30 seconds. Remove from water and place on pan. Brush the top of each pretzel with egg yolk and water mixture and sprinkle with rock salt.
- Baked until dark golden brown in color, approximately 10 minutes.