



Bannock

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

Ingredients

- 2 tablespoons double-acting baking powder
- 0.3 cup butter melted
- 3 cups flour all-purpose
- 1 teaspoon salt
- 1.5 cups water

Equipment

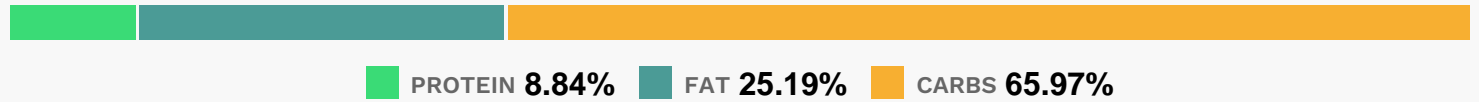
- bowl
- frying pan

baking sheet

Directions

- Measure flour, salt, and baking powder into a large bowl. Stir to mix.
- Pour melted butter and water over flour mixture. Stir with fork to make a ball.
- Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle 3/4 to 1 inch thick.
- Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning. May also be baked on a greased baking sheet at 350 degrees F (175 degrees C) for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:26.64, Inflammation Score:-4, Nutrition Score:7.8813043502362%

Nutrients (% of daily need)

Calories: 223.08kcal (11.15%), Fat: 6.21g (9.56%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 35.33g (12.85%), Sugar: 0.13g (0.15%), Cholesterol: 15.25mg (5.08%), Sodium: 657.45mg (28.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin B1: 0.37mg (24.55%), Selenium: 15.97µg (22.81%), Folate: 85.99µg (21.5%), Calcium: 186.52mg (18.65%), Manganese: 0.32mg (16.04%), Iron: 2.51mg (13.94%), Vitamin B3: 2.77mg (13.85%), Vitamin B2: 0.23mg (13.76%), Phosphorus: 118.06mg (11.81%), Fiber: 1.27g (5.09%), Copper: 0.08mg (3.76%), Vitamin A: 177.27IU (3.55%), Magnesium: 11.72mg (2.93%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.21mg (2.13%), Potassium: 52.52mg (1.5%), Vitamin E: 0.19mg (1.28%), Vitamin B6: 0.02mg (1.04%)