

What She Ate

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Bannock



Vegetarian



Vegan



Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

8

CALORIES

calories

192 kcal

SIDE DISH

Ingredients



1 teaspoon double-acting baking powder



2 cups flour all-purpose



8 servings oil for frying



1 cup whatever you'd like – raisins dried



0.5 teaspoon salt



8 servings water

Equipment



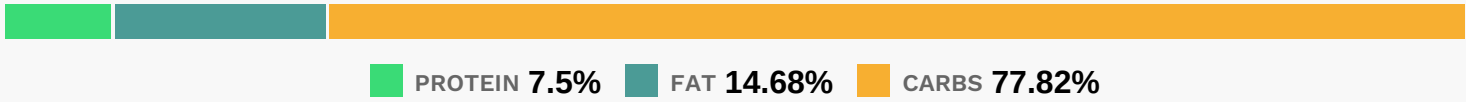
oven

☐ grill

Directions

- ☐ Mix the dry ingredients and berries, then slowly mix in enough water to make a stiff dough.
- ☐ Roll it out (unrugged) or form it with your hands (rugged) and then either fry it in a bit of oil, bake it or you can even "GRILL IT!".
- ☐ Brush the grill with oil. Grill it over medium heat, lid down for about 5 minutes per side, tops.

Nutrition Facts



Properties

Glycemic Index:28.23, Glycemic Load:25.02, Inflammation Score:-3, Nutrition Score:6.0695652184279%

Nutrients (% of daily need)

Calories: 192.42kcal (9.62%), Fat: 3.2g (4.93%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 38.21g (12.74%), Net Carbohydrates: 36.13g (13.14%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 215.87mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin B1: 0.27mg (17.71%), Selenium: 10.7µg (15.29%), Folate: 57.73µg (14.43%), Manganese: 0.26mg (13.1%), Vitamin B2: 0.19mg (11.02%), Iron: 1.98mg (10.98%), Vitamin B3: 2.05mg (10.23%), Fiber: 2.08g (8.31%), Copper: 0.14mg (6.89%), Phosphorus: 58.3mg (5.83%), Potassium: 183.1mg (5.23%), Calcium: 46.33mg (4.63%), Magnesium: 14.82mg (3.7%), Vitamin E: 0.51mg (3.39%), Vitamin B6: 0.05mg (2.39%), Vitamin K: 2.09µg (1.99%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.14mg (1.45%), Vitamin C: 0.98mg (1.19%)