



Biga

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



317 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon active yeast dry
- 3.5 cups unbleached bread flour
- 0.5 cup warm water
- 1.3 cups water cold

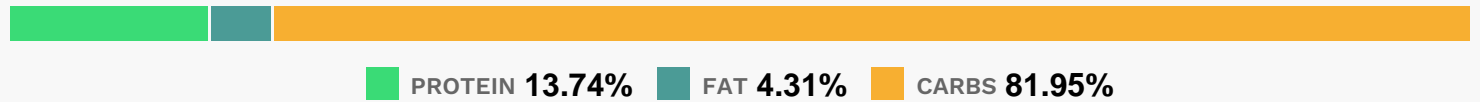
Equipment

- bowl
- measuring cup

Directions

- Place the warm water in a small bowl, and sprinkle the yeast over the top.
- Let stand until yeast has dissolved and is foamy, about 15 minutes.
- Measure flour into a large bowl. Make a well in the center, and pour in the yeast mixture and cold water. Use a sturdy spoon to mix it together until sticky and difficult to stir, but nevertheless thoroughly combined. Cover and allow to ferment for 24 hours in the refrigerator before using.
- Store in the refrigerator for up to 2 weeks. To use, rinse a measuring cup in cool water, scoop out the amount of starter needed, and bring to room temperature.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:41.11, Inflammation Score:-2, Nutrition Score:7.2626087115673%

Nutrients (% of daily need)

Calories: 317.39kcal (15.87%), Fat: 1.49g (2.29%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 61.43g (22.34%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 6.13mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Selenium: 34.77µg (49.68%), Manganese: 0.69mg (34.72%), Folate: 39.79µg (9.95%), Fiber: 2.23g (8.9%), Phosphorus: 87.85mg (8.78%), Copper: 0.17mg (8.73%), Vitamin B1: 0.12mg (8.09%), Magnesium: 22.95mg (5.74%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.79mg (5.26%), Vitamin B5: 0.45mg (4.46%), Iron: 0.8mg (4.43%), Vitamin B2: 0.07mg (4.19%), Potassium: 91.96mg (2.63%), Vitamin E: 0.35mg (2.33%), Vitamin B6: 0.04mg (1.97%), Calcium: 15.75mg (1.57%)