



food
network

English Muffins

READY IN



57 min.

SERVINGS



8

CALORIES



176 kcal

BREAD

Ingredients

- ☐ 1 envelope yeast dry
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 cup non-fat powdered milk
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon shortening
- ☐ 0.1 teaspoon sugar
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup warm water
- ☐ 1 cup water hot

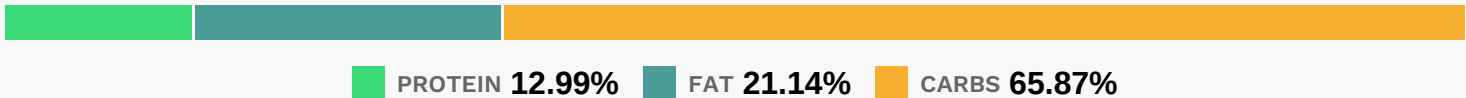
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ wire rack
- ☐ pot
- ☐ wooden spoon
- ☐ ice cream scoop
- ☐ tongs

Directions

- ☐ In a bowl combine the powdered milk, 1 tablespoon of sugar, 1/2 teaspoon of salt, shortening, and hot water, stir until the sugar and salt are dissolved.
- ☐ Let cool. In a separate bowl combine the yeast and 1/8 teaspoon of sugar in 1/3 cup of warm water and rest until yeast has dissolved.
- ☐ Add this to the dry milk mixture.
- ☐ Add the sifted flour and beat thoroughly with wooden spoon. Cover the bowl and let it rest in a warm spot for 30 minutes.
- ☐ Preheat the griddle to 300 degrees F.
- ☐ Add the remaining 1/2 teaspoon of salt to mixture and beat thoroughly.
- ☐ Place metal rings onto the griddle and coat lightly with vegetable spray. Using #20 ice cream scoop, place 2 scoops into each ring and cover with a pot lid or cookie sheet and cook for 5 to 6 minutes.
- ☐ Remove the lid and flip rings using tongs. Cover with the lid and cook for another 5 to 6 minutes or until golden brown.
- ☐ Place on a cooling rack, remove rings and cool. Split with fork and serve.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:19.73, Inflammation Score:-3, Nutrition Score:7.2847825677499%

Nutrients (% of daily need)

Calories: 176.43kcal (8.82%), Fat: 4.11g (6.33%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 27.76g (10.09%), Sugar: 4.72g (5.24%), Cholesterol: 7.76mg (2.59%), Sodium: 323.49mg (14.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Vitamin B1: 0.36mg (24.3%), Folate: 80.62µg (20.16%), Selenium: 11.98µg (17.11%), Vitamin B2: 0.29mg (16.8%), Vitamin B3: 2.25mg (11.24%), Manganese: 0.22mg (10.99%), Phosphorus: 101.4mg (10.14%), Iron: 1.51mg (8.39%), Calcium: 79.3mg (7.93%), Vitamin D: 0.84µg (5.6%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.26µg (4.34%), Fiber: 1.08g (4.32%), Potassium: 148.29mg (4.24%), Zinc: 0.56mg (3.74%), Magnesium: 14.55mg (3.64%), Copper: 0.06mg (3.09%), Vitamin B6: 0.05mg (2.55%), Vitamin A: 74.72IU (1.49%), Vitamin E: 0.16mg (1.09%), Vitamin K: 1.12µg (1.07%)