



English Muffins

READY IN



30 min.

SERVINGS



10

CALORIES



118 kcal

BREAD

Ingredients

- ☐ 1 envelope yeast dry
- ☐ 9 oz flour
- ☐ 1 cup reduced fat milk
- ☐ 1 teaspoon salt divided (use)
- ☐ 1 tablespoon shortening
- ☐ 0.1 teaspoon sugar
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stove
- ☐ microwave
- ☐ spatula
- ☐ measuring cup
- ☐ tongs

Directions

- ☐ Heat milk in a microwave-safe measuring cup just until it boils.
- ☐ Add sugar and 1/2 teaspoon of salt and stir to dissolve. Stir in shortening and let cool to about 120 degrees F. In a separate bowl or measuring cup, combine the yeast and 1/3 cup of warm (115 degree) water.
- ☐ Let rest until yeast bubbles. In a mixing bowl, combine the flour, yeast mixture and milk mixture. Beat thoroughly with wooden spoon. Cover the bowl and let it rest in for 30 minutes in a warm place. Preheat a lidded sauté pan or skillet to 300 degrees (on my stove, it was low). A pan with non-stick surface won't cook the bottom quite so much, but if all you have is a regular metal bottom pan, you can use that. I didn't grease either pan.
- ☐ Add the remaining 1/2 teaspoon of salt to flour and beat thoroughly.
- ☐ Place metal (or homemade foil) rings onto the skillet. Using a heaping 1/3 cup or a little less than 1/2 cup measure, spoon dough into rings, cover skillet and cook for 5 to 6 minutes.
- ☐ Remove the lid and turn rings using spatula or tongs. Cover with the lid and cook for another 5 to 6 minutes or until golden brown. Cool on a rack.
- ☐ Remove rings and cool. Split with fork and serve.

Nutrition Facts



 PROTEIN 12.64%  FAT 15.77%  CARBS 71.59%

Properties

Glycemic Index:14.51, Glycemic Load:14.12, Inflammation Score:-2, Nutrition Score:4.9630434757665%

Nutrients (% of daily need)

Calories: 118.46kcal (5.92%), Fat: 2.05g (3.16%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 20.06g (7.3%), Sugar: 1.31g (1.46%), Cholesterol: 1.89mg (0.63%), Sodium: 244.95mg (10.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin B1: 0.29mg (19.12%), Folate: 64.25µg (16.06%), Selenium: 9.3µg (13.28%), Vitamin B2: 0.2mg (11.63%), Vitamin B3: 1.81mg (9.05%), Manganese: 0.18mg (9%), Iron: 1.21mg (6.7%), Phosphorus: 53.73mg (5.37%), Fiber: 0.88g (3.51%), Calcium: 32.75mg (3.28%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.35mg (2.33%), Magnesium: 8.67mg (2.17%), Copper: 0.04mg (2.13%), Vitamin B12: 0.13µg (2.09%), Potassium: 67.07mg (1.92%), Vitamin B6: 0.03mg (1.54%)