



Family Fry Bread

 Vegetarian

READY IN



130 min.

SERVINGS



10

CALORIES



252 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 tablespoons butter melted
- ☐ 3.3 cups flour all-purpose divided
- ☐ 2 cups oil for frying or as needed
- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups warm water or as needed
- ☐ 1.5 teaspoons sugar white

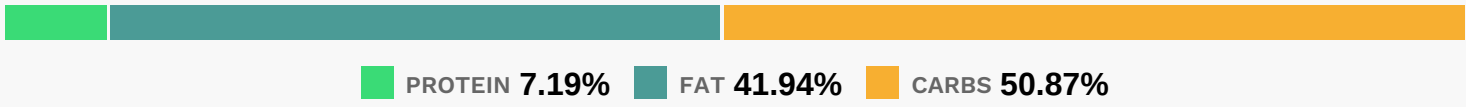
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk 3 cups flour, yeast, sugar, and salt together in a bowl.
- ☐ Whisk water and butter together in a separate bowl; pour into flour mixture and stir until mixture comes together to form a ball and is slightly sticky and elastic. Cover bowl with plastic wrap. Cover bowl with a towel and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ Punch down dough and turn onto a lightly floured surface. Knead in 1/4 cup flour, if necessary. Shape into 10 balls.
- ☐ Heat oil in a deep-fryer or large cast iron skillet to 350 degrees F (175 degrees C).
- ☐ Roll each dough ball out on a lightly floured surface into an 8-inch round.
- ☐ Place each round into the hot oil and fry until golden brown, 1 to 2 minutes per side.
- ☐ Remove fry bread to a baking sheet lined with paper towels. Repeat with remaining dough rounds.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:22.85, Inflammation Score:-4, Nutrition Score:7.1386955989444%

Nutrients (% of daily need)

Calories: 251.77kcal (12.59%), Fat: 11.68g (17.98%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 30.6g (11.13%), Sugar: 0.71g (0.79%), Cholesterol: 6.02mg (2.01%), Sodium: 369.78mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Vitamin B1: 0.4mg (26.47%), Folate: 91.01µg (22.75%), Selenium: 13.86µg (19.8%), Manganese: 0.28mg (14.01%), Vitamin B2: 0.23mg (13.54%), Vitamin B3:

2.68mg (13.42%), Vitamin E: 1.66mg (11.05%), Iron: 1.9mg (10.58%), Vitamin K: 6.71µg (6.39%), Fiber: 1.29g (5.15%), Phosphorus: 49.06mg (4.91%), Copper: 0.07mg (3.38%), Vitamin B5: 0.28mg (2.77%), Magnesium: 9.74mg (2.44%), Zinc: 0.35mg (2.32%), Potassium: 50.99mg (1.46%), Vitamin B6: 0.03mg (1.43%), Vitamin A: 69.97IU (1.4%)