



Fry Bread I

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



273 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 4 cups shortening for frying
- ☐ 1.5 cups warm water (110 degrees F/45 degrees C)

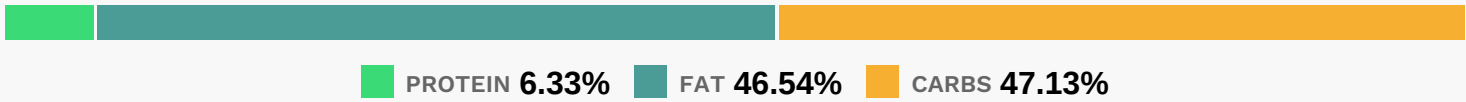
Equipment

- ☐ paper towels

Directions

- ☐ Combine flour, salt, and baking powder. Stir in 1 1/2 cups lukewarm water. Knead until soft but not sticky. Shape dough into balls about 3 inches in diameter. Flatten into patties 1/2 inch thick, and make a small hole in the center of each patty.
- ☐ Fry one at a time in 1 inch of hot shortening, turning to brown on both sides.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:23.26, Inflammation Score:-3, Nutrition Score:6.7165217062701%

Nutrients (% of daily need)

Calories: 273.01kcal (13.65%), Fat: 14.07g (21.65%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 30.95g (11.25%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 205.75mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin B1: 0.33mg (21.99%), Selenium: 14.13µg (20.18%), Folate: 76.25µg (19.06%), Manganese: 0.28mg (14.23%), Vitamin B3: 2.46mg (12.3%), Vitamin B2: 0.21mg (12.11%), Iron: 2.05mg (11.41%), Vitamin K: 7.4µg (7.04%), Phosphorus: 66.91mg (6.69%), Calcium: 66.09mg (6.61%), Vitamin E: 0.86mg (5.75%), Fiber: 1.13g (4.51%), Copper: 0.06mg (3.25%), Vitamin B5: 0.28mg (2.75%), Magnesium: 9.73mg (2.43%), Zinc: 0.29mg (1.97%), Potassium: 44.8mg (1.28%)