



## Fry Bread II

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



703 kcal

BREAD

### Ingredients

- 1 tablespoon double-acting baking powder
- 4 cups flour all-purpose
- 2 quarts oil for deep frying
- 1 teaspoon salt
- 4 tablespoons shortening
- 1.3 cups water cold or as needed

### Equipment

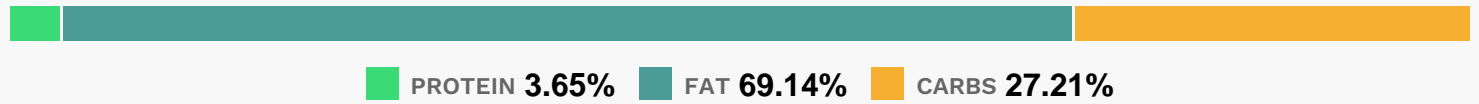
- paper towels

- oven
- whisk
- tongs

## Directions

- Whisk baking powder, salt and flour together.
- Cut in shortening.
- Add cold water gradually until a soft dough is made (it will still be a little sticky). Flour hands and knead about 5 minutes until smooth and no longer sticky. Divide into 8 pieces. Cover dough with plastic. Working one piece at a time, flatten each piece until about 1/2 inch thick and the size of a lunch plate.
- Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- Fry dough in oil; turn with tongs to brown each side.
- Drain on paper towels. Keep warm in paper towels in a 200 degree oven while cooking the rest.

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:34.88, Inflammation Score:-6, Nutrition Score:13.256087044011%

## Nutrients (% of daily need)

Calories: 703.16kcal (35.16%), Fat: 54.33g (83.58%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 46.42g (16.88%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 453.16mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.91%), Vitamin E: 8.71mg (58.07%), Vitamin K: 37.33µg (35.55%), Vitamin B1: 0.49mg (32.79%), Selenium: 21.19µg (30.27%), Folate: 114.38µg (28.59%), Manganese: 0.43mg (21.36%), Vitamin B3: 3.69mg (18.45%), Vitamin B2: 0.31mg (18.16%), Iron: 3.07mg (17.07%), Phosphorus: 100.36mg (10.04%), Calcium: 98.94mg (9.89%), Fiber: 1.69g (6.76%), Copper: 0.1mg (4.83%), Magnesium: 14.56mg (3.64%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.44mg (2.95%), Potassium: 67.24mg (1.92%), Vitamin B6: 0.03mg (1.38%)