



Healthier Amish Friendship Bread Starter

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



431 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup milk low-fat
- ☐ 0.3 cup warm water (110 degrees F/45 degrees C)
- ☐ 1 cup sugar white
- ☐ 1 cup flour whole wheat white
- ☐ 0.5 cup flour whole wheat

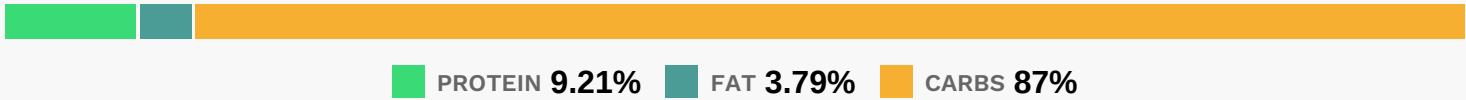
Equipment

☐ bowl

Directions

- ☐ Dissolve yeast in water in a small bowl.
- ☐ Let stand 10 minutes.
- ☐ Combine 1 cup all-purpose flour and 1 cup sugar in a 2-quart container.
- ☐ Mix thoroughly or flour will lump when milk is added. Slowly stir in 1 cup milk and dissolved yeast mixture. Cover loosely and let stand until bubbly. Consider this day 1 of the 10 day cycle. Leave loosely covered at room temperature.
- ☐ On days 2 through 4: Stir starter with a spoon. Day 5: Stir in 1 cup white whole wheat flour, 1 cup sugar and 1 cup milk. Days 6 through 9: Stir only.
- ☐ Day 10: Stir in 1/2 cup each all-purpose and white whole wheat flour, 1 cup sugar, and 1 cup milk.
- ☐ Remove 1 cup to make your first bread, give 2 cups to friends along with this recipe, and your favorite Amish Bread recipe. Store the remaining 1 cup starter in a container in the refrigerator, or begin the 10 day process over again (beginning with step 2).

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:43.53, Inflammation Score:-3, Nutrition Score:10.640869431279%

Nutrients (% of daily need)

Calories: 431.4kcal (21.57%), Fat: 1.88g (2.9%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 97.31g (32.44%), Net Carbohydrates: 91.81g (33.38%), Sugar: 52.93g (58.81%), Cholesterol: 2.95mg (0.98%), Sodium: 25.77mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.61%), Manganese: 0.73mg (36.3%), Vitamin B1: 0.43mg (28.43%), Selenium: 16.25µg (23.21%), Fiber: 5.5g (22.01%), Folate: 77.83µg (19.46%), Vitamin B2: 0.26mg (15.58%), Phosphorus: 142.48mg (14.25%), Vitamin B3: 2.44mg (12.23%), Iron: 2.03mg (11.28%), Calcium: 103.26mg (10.33%), Magnesium: 32.17mg (8.04%), Vitamin B6: 0.13mg (6.5%), Potassium: 215.9mg (6.17%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.36µg (6.02%), Zinc: 0.9mg (6%), Copper: 0.1mg (4.91%), Vitamin D: 0.65µg (4.33%), Vitamin A: 116.99IU (2.34%)