



Homemade Baking Mix

READY IN



10 min.

SERVINGS



12

CALORIES



547 kcal

SIDE DISH

Ingredients

- 5 tablespoons double-acting baking powder
- 9 cups flour all-purpose
- 1 cup nonfat milk powder dry
- 1 tablespoon salt
- 1 cup vegetable shortening
- 0.3 cup sugar white

Equipment

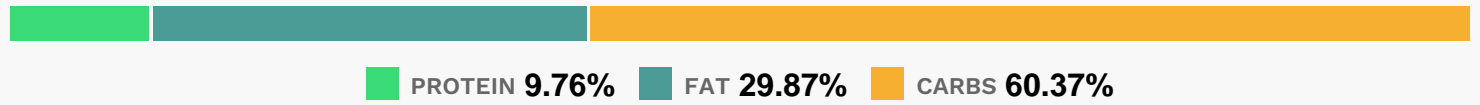
- bowl

- whisk
- pastry cutter

Directions

- Whisk flour, dry milk powder, baking powder, sugar, and salt in a large bowl until thoroughly combined.
- Cut shortening into dry ingredients with a pastry cutter, about 1/2 cup at a time, until mixture resembles cornmeal. Store in an air-tight container for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:55.93, Inflammation Score:-6, Nutrition Score:18.816956470842%

Nutrients (% of daily need)

Calories: 547.16kcal (27.36%), Fat: 18.09g (27.83%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 82.28g (27.43%), Net Carbohydrates: 79.73g (28.99%), Sugar: 9.61g (10.68%), Cholesterol: 2mg (0.67%), Sodium: 1167.47mg (50.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.61%), Vitamin B1: 0.78mg (52.06%), Selenium: 34.55µg (49.35%), Folate: 176.56µg (44.14%), Calcium: 434.43mg (43.44%), Vitamin B2: 0.62mg (36.41%), Manganese: 0.64mg (32.18%), Phosphorus: 307.6mg (30.76%), Vitamin B3: 5.63mg (28.15%), Iron: 4.95mg (27.51%), Fiber: 2.54g (10.16%), Vitamin K: 9.38µg (8.93%), Vitamin B5: 0.88mg (8.84%), Magnesium: 32.99mg (8.25%), Potassium: 280.52mg (8.01%), Vitamin E: 1.1mg (7.36%), Vitamin D: 1.1µg (7.33%), Zinc: 1.07mg (7.11%), Copper: 0.14mg (7.02%), Vitamin B12: 0.4µg (6.72%), Vitamin A: 217.9IU (4.36%), Vitamin B6: 0.08mg (3.88%)