

Milk Kefir: What It Is & How to Brew It



Vegetarian



Gluten Free



Popular

READY IN



1440 min.

SERVINGS



2

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients



1 tablespoon milk kefir grains (available here)



1 quart milk raw whole

Equipment

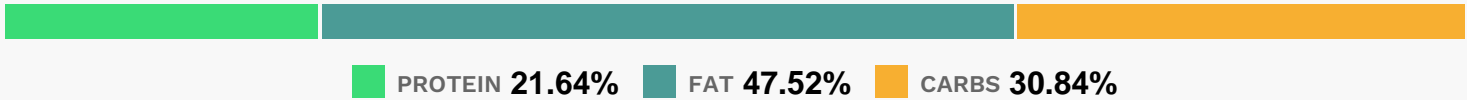


canning jar

Directions

☐ Place milk kefir grains in the bottom of a clean mason jar. Cover with 1 quart fresh milk. Very loosely, place the lid and band on the mason jar. You do not want to tighten it because, as with all fermentation, carbon dioxide is created and needs to escape. Culture for 24 – 48 hours at room temperature. For a thin, mild kefir you can culture for 12 hours. Once culturing is complete, strain milk kefir into a new mason jar, cap and refrigerate. Begin reculturing a new batch of kefir, if desired or allow your kefir grains to rest in water in the refrigerator for a few days until you’re ready to make kefir again.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:8.4, Inflammation Score:-6, Nutrition Score:16.285217354479%

Nutrients (% of daily need)

Calories: 288.53kcal (14.43%), Fat: 15.39g (23.67%), Saturated Fat: 8.95g (55.93%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 22.47g (8.17%), Sugar: 23.13g (25.7%), Cholesterol: 57.71mg (19.24%), Sodium: 183.65mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.53%), Calcium: 591.25mg (59.12%), Vitamin D: 8.16µg (54.42%), Phosphorus: 477.91mg (47.79%), Vitamin B12: 2.56µg (42.59%), Vitamin B2: 0.65mg (38.41%), Potassium: 709.76mg (20.28%), Vitamin B1: 0.26mg (17.67%), Vitamin B5: 1.76mg (17.65%), Vitamin A: 781.7IU (15.63%), Vitamin B6: 0.29mg (14.43%), Magnesium: 56.78mg (14.2%), Zinc: 1.94mg (12.93%), Selenium: 8.99µg (12.84%), Vitamin B3: 0.5mg (2.48%), Vitamin E: 0.24mg (1.58%), Vitamin K: 1.42µg (1.35%)