



Navajo Fry Bread By Mommie Cooks

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



35 kcal

Ingredients

- 1 garlic clove
- 1 bunch cilantro leaves chopped
- 0.5 onion chopped
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1 tablespoon water
- 1 tablespoon tomato paste
- 6 servings cooking oil for frying

1 teaspoon frangelico

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Equipment

frying pan

rolling pin

Directions

For the fry bread dough, mix together all the listed ingredients; the flour, milk, baking powder, and salt.

Allow the bread to rest for at least 10 minutes.

While the dough is resting, grab a frying pan and start cooking up the meat for a minute or two.

Add to the meat the garlic, cilantro, and onion.

Cook the meat all the way through and then add in the cumin, chili powder, and oregano

Mix it up well and then add in the water and tomato paste

Stir it all together and turn the heat down to low to keep warm


Grab a clean frying pan and pour enough oil in the bottom to create about a 1" depth of oil. Turn the heat on medium high and allow it to heat up.

While the oil is heating, take your rested dough ball, rip of a chunk and roll it out thin with a rolling pin.

Drop the rolled bread into the hot oil and allow it to cook up for about a minute on each side or until gold brown.

Serve meat on top of bread along with additional desired toppings.

Nutrition Facts

 **PROTEIN 4.46%** **FAT 72.53%** **CARBS 23.01%**

Properties

Glycemic Index:24, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:1.8908695652174%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 34.73kcal (1.74%), Fat: 2.97g (4.56%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.78g (0.86%), Cholesterol: 0mg (0%), Sodium: 28.37mg (1.23%), Protein: 0.41g (0.82%), Vitamin K: 8.92µg (8.5%), Vitamin E: 0.84mg (5.6%), Vitamin A: 239.61IU (4.79%), Manganese: 0.07mg (3.37%), Iron: 0.53mg (2.96%), Fiber: 0.61g (2.42%), Vitamin C: 1.81mg (2.2%), Potassium: 66.04mg (1.89%), Vitamin B6: 0.04mg (1.84%), Calcium: 14.47mg (1.45%), Copper: 0.03mg (1.33%), Magnesium: 5.15mg (1.29%)