



Navajo Fry Bread I

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 3.3 cups flour all-purpose
- 1 cup ice water
- 1 cup nonfat milk powder dry
- 0.5 teaspoon salt
- 1 tablespoon sea salt
- 1 cup lard for frying
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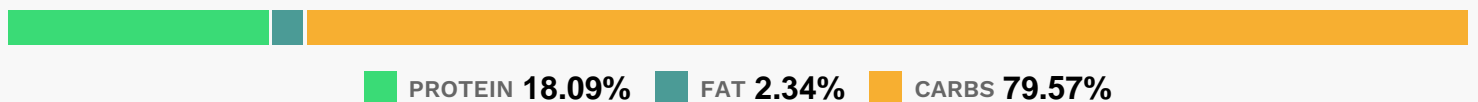
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large bowl mix together flour, non-fat dry milk powder, baking powder, and salt.
- Cut in 5 tablespoons of the lard into the dry mixture until it resembles fine crumbs.
- Add the ice water and mix until the dough pulls cleanly away from the sides of the bowl.
- Cover with a towel and set aside for 2 hours.
- Divide the dough into two large pieces. Shape each piece into a circle.
- Roll each piece out on a lightly floured board to 1/4 inch thick. Make 2 parallel cuts through the dough without cutting all the way through.
- Let the dough rest briefly.
- Heat the remaining lard in a large cast iron skillet over medium-high heat. Once it is hot, add the first shaped dough. Fry for 4-5 minutes on the first side, until golden, turn over and finish cooking on the second side for 3-4 minutes.
- Remove the bread from the skillet and drain onto paper towels.
- Sprinkle with sea salt, if desired. Keep warm while second section cooks.
- Cut bread into wedges.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:28.41, Inflammation Score:-6, Nutrition Score:12.498260886125%

Nutrients (% of daily need)

Calories: 239.94kcal (12%), Fat: 0.61g (0.94%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 45.59g (16.58%), Sugar: 7.94g (8.82%), Cholesterol: 3mg (1%), Sodium: 1259.14mg (54.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.35%), Vitamin B1: 0.46mg (30.73%), Selenium: 21.32µg (30.45%), Calcium: 286.27mg (28.63%), Vitamin B2: 0.48mg (28.43%), Folate: 100.43µg (25.11%), Phosphorus: 232.91mg (23.29%), Manganese: 0.35mg (17.61%), Vitamin B3: 3.14mg (15.7%), Iron: 2.58mg (14.32%), Vitamin D: 1.65µg (11%), Vitamin B12: 0.6µg (10.07%), Potassium: 323.35mg (9.24%), Vitamin B5: 0.76mg (7.58%), Magnesium: 28.4mg (7.1%), Vitamin A: 326.85IU (6.54%), Zinc: 0.97mg (6.49%), Fiber: 1.37g (5.5%), Copper: 0.08mg (4.25%), Vitamin B6: 0.08mg (3.82%), Vitamin C: 1.02mg (1.24%)