



No Commercial Yeast Starter

 Vegetarian  Vegan  Dairy Free

READY IN



1390 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- 2 cups flour all-purpose
- 2 cups bottled water (non-chlorinated)


Equipment

- bowl

Directions

- Combine flour and spring water in a medium bowl; stir well. Cover loosely with a cloth and let sit on a kitchen counter for 2 to 3 days, or until bubbly.
- To use and feed your starter; take out the amount needed for your recipe and then replace that amount with equal parts flour and spring water. If you keep your starter at room temperature it should be fed every other day, and if refrigerated, fed weekly. If you accumulate more starter than you need, simply pour a few cups down the drain before feeding it.

Nutrition Facts

 **PROTEIN 11.63%**  **FAT 2.48%**  **CARBS 85.89%**

Properties

Glycemic Index:18.75, Glycemic Load:34.5, Inflammation Score:-4, Nutrition Score:8.6534782674002%

Nutrients (% of daily need)

Calories: 227.5kcal (11.38%), Fat: 0.61g (0.94%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 46.01g (16.73%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 7.16mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.91%), Vitamin B1: 0.49mg (32.71%), Selenium: 21.19µg (30.27%), Folate: 114.38µg (28.59%), Manganese: 0.43mg (21.31%), Vitamin B3: 3.69mg (18.45%), Vitamin B2: 0.31mg (18.16%), Iron: 2.9mg (16.11%), Fiber: 1.69g (6.75%), Phosphorus: 67.5mg (6.75%), Copper: 0.11mg (5.45%), Magnesium: 14.93mg (3.73%), Zinc: 0.45mg (3%), Vitamin B5: 0.27mg (2.74%), Potassium: 66.88mg (1.91%), Vitamin B6: 0.03mg (1.38%), Calcium: 12.92mg (1.29%)