



Plain and Simple Sourdough Bread

 Vegetarian  Vegan  Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



40 kcal

Ingredients

- 1.5 teaspoons yeast dry
- 2.7 cups bread flour
- 1.5 teaspoons salt
- 1 cup starter
- 0.8 cup water (110 degrees f/45 degrees c)

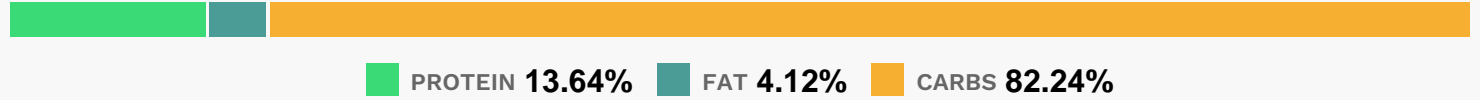
Equipment

Directions

Add all ingredients in order suggested by your manufacturer.

Select white bread setting and push start.

Nutrition Facts



Properties

Glycemic Index:1.86, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:0.8552173997235%

Nutrients (% of daily need)

Calories: 40.17kcal (2.01%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.79g (2.83%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 97.49mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Selenium: 3.69µg (5.27%), Manganese: 0.07mg (3.7%), Folate: 6.09µg (1.52%), Vitamin B1: 0.02mg (1.44%), Fiber: 0.3g (1.22%)