

Self-Rising Flour



Vegetarian



Vegan



Dairy Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients



1.5 teaspoons double-acting baking powder



1 cup flour all-purpose



0.5 teaspoon salt

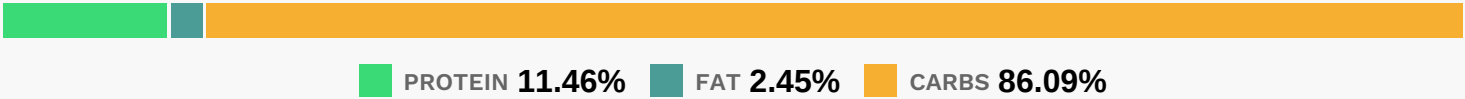
Equipment

Directions



Stir or sift together the flour, salt, and baking powder. Presto, you've got self-rising flour!

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:17.63, Inflammation Score:-2, Nutrition Score:4.8669565307057%

Nutrients (% of daily need)

Calories: 114.54kcal (5.73%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 23.42g (8.51%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 450.31mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin B1: 0.25mg (16.35%), Selenium: 10.6µg (15.14%), Folate: 57.19µg (14.3%), Manganese: 0.21mg (10.7%), Calcium: 93.01mg (9.3%), Vitamin B3: 1.85mg (9.23%), Vitamin B2: 0.15mg (9.08%), Iron: 1.62mg (8.99%), Phosphorus: 66.61mg (6.66%), Fiber: 0.85g (3.39%), Copper: 0.05mg (2.27%), Magnesium: 7.29mg (1.82%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.14mg (1.37%)