



Sourdough Starter



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 1 package yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon sugar
- ☐ 2 cups warm water (105° to 115°)

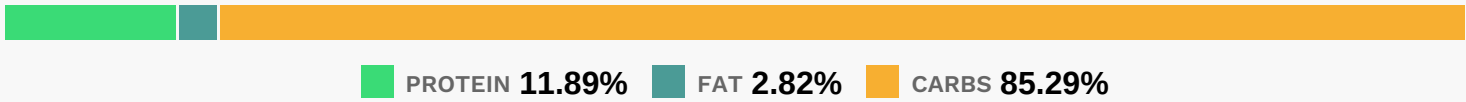
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ cheesecloth

Directions

- ☐ Dissolve yeast in warm water; let stand 5 minutes.
- ☐ Combine flour and sugar in a medium-size non-metal bowl; mix well. Gradually stir in yeast mixture. Cover loosely with plastic wrap or cheesecloth, and let stand in a warm place (80 to 8
- ☐ for 10 to 12 hours.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:14.64, Inflammation Score:-2, Nutrition Score:4.1621739058553%

Nutrients (% of daily need)

Calories: 97.89kcal (4.89%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 19.7g (7.16%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 3.23mg (0.14%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin B1: 0.27mg (18.22%), Folate: 62.13µg (15.53%), Selenium: 8.54µg (12.2%), Vitamin B2: 0.15mg (8.93%), Vitamin B3: 1.76mg (8.79%), Manganese: 0.17mg (8.64%), Iron: 1.18mg (6.53%), Fiber: 0.86g (3.45%), Phosphorus: 31.46mg (3.15%), Copper: 0.05mg (2.34%), Vitamin B5: 0.2mg (2.04%), Magnesium: 6.35mg (1.59%), Zinc: 0.24mg (1.57%), Vitamin B6: 0.02mg (1.07%)