



Sourdough Starter I

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

680 min.

SERVINGS

servings

4

CALORIES

calories

80 kcal

SIDE DISH

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 3 tablespoons potato flakes instant mashed
- ☐ 1 cup warm water
- ☐ 3 tablespoons sugar white

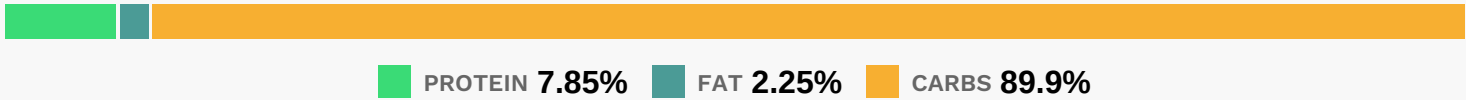
Equipment

- ☐ wooden spoon

Directions

- ☐ Combine instant potatoes, sugar, water, and yeast in a covered container.
- ☐ Let the starter sit on a counter for 5 days, stirring daily with a wooden spoon.
- ☐ On the morning of the fifth day, feed the starter with 3 tablespoons instant potatoes, 3 tablespoons sugar, and 1 cup warm water. In the evening, take out 1 cup of the starter to use in a sourdough recipe. Refrigerate the remaining starter.
- ☐ Every five days, feed the starter 3 tablespoons instant potatoes, 3 tablespoons sugar and 1 cup water. If starter is to be used in a recipe, let the fed starter rest at room temperature 6 hours before use. If starter is not being used in a recipe, keep refrigerated and discard 1 cup of starter after each feeding.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:6.28, Inflammation Score:-3, Nutrition Score:3.816521735133%

Nutrients (% of daily need)

Calories: 79.6kcal (3.98%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17.48g (6.36%), Sugar: 9.35g (10.39%), Cholesterol: 0mg (0%), Sodium: 15.47mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin B1: 0.3mg (20.14%), Folate: 46.05µg (11.51%), Vitamin C: 8.99mg (10.89%), Vitamin B3: 1.4mg (6.99%), Vitamin B6: 0.11mg (5.46%), Vitamin B2: 0.08mg (4.94%), Fiber: 1.2g (4.81%), Vitamin B5: 0.47mg (4.67%), Potassium: 138.66mg (3.96%), Phosphorus: 28.45mg (2.84%), Selenium: 1.68µg (2.4%), Magnesium: 8.86mg (2.21%), Copper: 0.04mg (1.78%), Zinc: 0.22mg (1.49%), Manganese: 0.02mg (1.18%)