



## Sourdough Starter IV

 Vegetarian  Vegan  Dairy Free

READY IN



1180 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

### Ingredients

- 4 russet potatoes peeled
- 0.5 teaspoon salt
- 1 cup unbleached flour all-purpose
- 4.5 cups water
- 1.5 teaspoons sugar white

### Equipment

- bowl
- sauce pan

- pot
- measuring cup
- cheesecloth

## Directions

- Combine potatoes and water in a small stock pot or medium saucepan. Cover and boil until potatoes are tender, about 35 minutes.
- Drain cooking liquid into a large glass measuring cup. Reserve potatoes for another use.
- Transfer 1 1/4 cups of potato liquid to large ceramic or glass bowl.
- Add flour, sugar and salt to bowl; stir to combine. Cover bowl with cheesecloth and let stand at room temperature until starter begins to ferment and bubble, about 4 days. Starter is now ready to use.
- Transfer to covered plastic container and store in refrigerator. Feed starter every 2 weeks. Begin each feeding by discarding all but 1 cup.
- Mix 1 cup flour and 1 cup warm water (105 to 115 degrees F) into remaining mixture. Cover with plastic; let stand at room temperature overnight. Replace lid; return to refrigerator.

## Nutrition Facts

**PROTEIN 10.71%** **FAT 1.49%** **CARBS 87.8%**

## Properties

Glycemic Index:28.73, Glycemic Load:24.29, Inflammation Score:-3, Nutrition Score:6.6295652190304%

## Nutrients (% of daily need)

Calories: 143.9kcal (7.19%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 30.11g (10.95%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 157.64mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Vitamin B6: 0.37mg (18.72%), Vitamin B1: 0.21mg (14%), Manganese: 0.27mg (13.71%), Potassium: 460.87mg (13.17%), Folate: 43.5µg (10.88%), Vitamin B3: 2.02mg (10.12%), Iron: 1.64mg (9.13%), Selenium: 5.73µg (8.18%), Copper: 0.15mg (7.68%), Phosphorus: 75.45mg (7.54%), Vitamin C: 6.07mg (7.36%), Magnesium: 29.27mg (7.32%), Fiber: 1.81g (7.23%), Vitamin B2: 0.11mg (6.62%), Vitamin B5: 0.39mg (3.89%), Zinc: 0.43mg (2.88%), Calcium: 20.28mg (2.03%), Vitamin K: 1.96µg (1.87%)