

# Wild Grape Starter

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

## Ingredients

- 1 pound grapes
- 1 cup flour whole wheat

## Equipment

- bowl
- mixing bowl
- cheesecloth

## Directions

- Stem grapes into a medium mixing bowl. Crush with hands. Cover with cheesecloth, and set aside for three days at room temperature.
- After three days there should be bubbles in the grape juice, indicating fermentation has begun. Strain liquid, and discard skins. Return to bowl, and stir in 1 cup whole wheat flour. Set aside for 24 hours at room temperature.
- Measure 1 cup starter, discard any extra, and transfer to a 1 quart glass or ceramic container with a lid. Stir in 1 scant cup bread flour and 1 cup water. The mixture should resemble a thick batter; add more water or flour if necessary to achieve this consistency. Cover loosely with lid.
- Let stand at room temperature for 24 hours. Repeat the following day. Some activity should be noticeable: the mixture should be starting to bubble. Repeat twice more. You will need to discard some of the mixture each day.
- Starter should be quite active. Begin feeding regularly, every 4 to 6 hours, doubling the starter each time. For instance, if you have 1 cup starter, add 1 cup bread flour and 1 cup water. Alternatively, store in the refrigerator, and feed weekly.

## Nutrition Facts

 PROTEIN 9.76%  FAT 4.28%  CARBS 85.96%

## Properties

Glycemic Index:11.5, Glycemic Load:8.97, Inflammation Score:-3, Nutrition Score:10.709999934487%

## Nutrients (% of daily need)

Calories: 180.24kcal (9.01%), Fat: 0.93g (1.43%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 37.89g (13.78%), Sugar: 17.7g (19.67%), Cholesterol: 0mg (0%), Sodium: 2.87mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Manganese: 1.3mg (65.03%), Selenium: 18.65µg (26.65%), Fiber: 4.23g (16.92%), Vitamin K: 17.13µg (16.31%), Vitamin B1: 0.23mg (15.26%), Copper: 0.27mg (13.35%), Phosphorus: 129.78mg (12.98%), Magnesium: 49.04mg (12.26%), Vitamin B6: 0.22mg (10.98%), Potassium: 325.49mg (9.3%), Vitamin B3: 1.7mg (8.5%), Iron: 1.49mg (8.27%), Vitamin B2: 0.13mg (7.58%), Zinc: 0.86mg (5.73%), Vitamin C: 3.63mg (4.4%), Folate: 15.47µg (3.87%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.24mg (2.38%), Calcium: 21.54mg (2.15%), Vitamin A: 77.54IU (1.55%)