

FRY BREAD

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/ojibwe-recipe-for-indian-fry-bread>

Ingredients:

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon sugar
- 2 tablespoons dry milk powder
- 2 teaspoons salt plus more for seasoning after frying
- 5 tablespoons vegetable shortening cold
- 1 1/2 cups cold water
- 2 cups oil for frying

Nutrition:

1. Calories: 1500 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 5 milligrams
4. Fat: 130 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 14 grams
8. Sodium: 1600 milligrams
9. Sugar: 3 grams
10. TransFat: 2 grams

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