

Homemade Fry Bread

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 tablespoon yeast
- 1 1/2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 1 2/3 cups milk I used whole milk., scalded. Then cooled to the touch.
- 1 1/2 tablespoons butter flavored shortening
- 1 egg beaten
- 4 1/2 cups bread flour you may use all-purpose flour, but the measuring and texture will be slightly different.
- 1 1/2 cups vegetable oil or oil of your choice.

Nutrition:

1. Calories: 1440 calories
2. Carbohydrate: 125 grams
3. Cholesterol: 65 milligrams
4. Fat: 93 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 9 grams
8. Sodium: 390 milligrams
9. Sugar: 11 grams
10. TransFat: 3 grams

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