

Vetkoek

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-vetkoek-recipe-with-yeast>

Ingredients:

- 6 3/4 cups flour all-purpose flour
- 2 teaspoons salt
- 2 tablespoons sugar
- 1 packet yeast
- lukewarm water
- cooking oil for frying

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 167 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 22 grams
6. Sodium: 1190 milligrams
7. Sugar: 6 grams

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