

Active Dry Yeast vs Instant Yeast (vsdiff.com)

Attribute	Active Dry Yeast	Instant Yeast
Form	Coarse granules	Finer granules
Moisture content	Low — <i>approximately 5-10%</i>	Lower — <i>approximately 2-6%</i>
Typical activation	Proofing recommended (warm water)	Direct to dough (often no proofing)
Rise speed	Moderate — <i>standard rise times</i>	Faster — <i>often 10-30% quicker</i>
Storage unopened	Cool, dry — <i>months to ~2 years</i>	Cool, dry — <i>months to ~2 years</i>
Best uses	Traditional breads, artisanal methods	Everyday breads, commercial and home quick rises

Source: <https://vsdiff.com/active-dry-yeast-vs-instant-yeast/>