

Algerian Flatbread



Vegetarian



Vegan



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



120 kcal

Ingredients

- ☐ 3 cups flour whole-wheat finely (preferably Indian atta or King Arthur)
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup olive oil divided
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika sweet
- ☐ 1 teaspoon turmeric
- ☐ 1.5 cups water

Equipment

- ☐ bowl

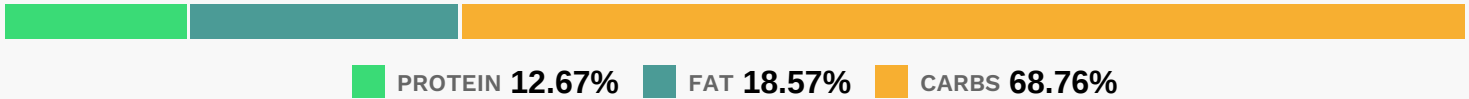
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ rolling pin

Directions

- ☐ Stir together flour, salt, and 2 tablespoons oil in a large bowl. Slowly stir in water until a soft dough forms. If necessary, add more water 1 tablespoon at a time. Turn out dough onto a lightly floured surface and knead, dusting with just enough flour to keep dough from sticking, until smooth and elastic, about 15 minutes.
- ☐ Form dough into a ball and coat with 2 tablespoons oil in a bowl. Cover bowl with plastic wrap and let dough stand at warm room temperature 1 hour.
- ☐ Stir together cumin, paprika, turmeric, and remaining 1/4 cup oil in a small bowl.
- ☐ Divide dough into 12 equal pieces and, keeping remaining pieces covered with plastic wrap, flatten 1 piece of dough into a disk.
- ☐ Roll out disk as thinly as possible (into a 9-inch round) on a lightly floured surface with a 6-inch wooden dowel or a rolling pin.
- ☐ Spread 1 teaspoon spiced oil on dough with your fingertips, then roll up tightly into a long cylinder and coil into a tight spiral.
- ☐ Transfer to a large sheet of parchment paper, then loosely cover with plastic wrap.
- ☐ Make 11 more spirals in same manner.
- ☐ Tape another sheet of parchment to a work surface and on it roll out 1 spiral of dough into a round approximately 6 inches in diameter.
- ☐ Heat a dry large cast-iron skillet or griddle over medium heat until hot, then cook flatbread, turning once, until puffed and browned in spots, 3 to 4 minutes total.
- ☐ Transfer to a plate and cover with a kitchen towel.
- ☐ Roll out and cook 11 more flatbreads, stacking them on plate.

- Cape Mentelle Margaret River Chardonnay '05
- Flatbreads are best when freshly made but can be cooked 1 day ahead, then cooled and kept, wrapped in foil, at room temperature. Reheat (in foil) in a 350°F oven or in a steamer about 10 minutes.
 - Spirals of dough can be rolled out (but not cooked) 1 day ahead and chilled, layered between sheets of plastic wrap, then tightly wrapped, on a baking sheet. Bring to room temperature before cooking.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:8.1313043499123%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 119.6kcal (5.98%), Fat: 2.63g (4.04%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 18.54g (6.74%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 196.36mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Manganese: 1.24mg (62.09%), Selenium: 18.57µg (26.52%), Fiber: 3.32g (13.28%), Phosphorus: 108.9mg (10.89%), Magnesium: 42.63mg (10.66%), Vitamin B1: 0.15mg (10.16%), Vitamin B3: 1.52mg (7.6%), Iron: 1.31mg (7.26%), Copper: 0.13mg (6.58%), Vitamin B6: 0.13mg (6.47%), Zinc: 0.81mg (5.37%), Vitamin E: 0.53mg (3.54%), Potassium: 119.95mg (3.43%), Folate: 13.36µg (3.34%), Vitamin B2: 0.05mg (3.09%), Vitamin B5: 0.19mg (1.85%), Vitamin A: 86.91IU (1.74%), Vitamin K: 1.82µg (1.73%), Calcium: 13.46mg (1.35%)