



Bazlama - Turkish Flat Bread

 Vegetarian

READY IN



240 min.

SERVINGS



4

CALORIES



488 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 4 cups flour all-purpose
- ☐ 1 tablespoon salt
- ☐ 1.5 cups warm water (110 degrees F/45 degrees C)
- ☐ 1 tablespoon sugar white
- ☐ 0.5 cup yogurt greek-style

Equipment

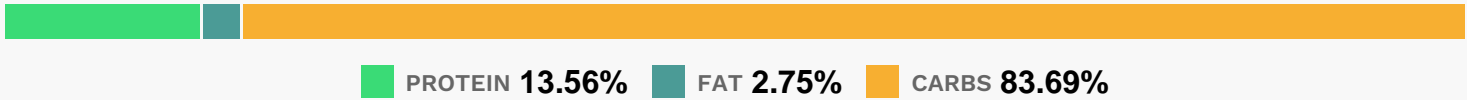
- ☐ frying pan

- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Dissolve the yeast, sugar, and salt in the warm water.
- ☐ Add the water and yogurt to the flour and mix well. The dough will be soft but not sticky. Turn the dough out onto a lightly floured surface and shape it into a ball. Cover the dough with a damp cloth and allow it to rise at room temperature for 3 hours.
- ☐ Cut the dough into four portions. Shape the dough into rounds and flatten each round as though you're making pizza dough. Cover the rounds with a damp cloth and let the dough rest for 15 minutes.
- ☐ Heat a cast iron skillet or griddle over medium-high heat.
- ☐ Place one dough round in the skillet and bake until brown spots appear on the bottom, about 1 minute. Flip the bread and bake for an additional minute.
- ☐ Remove the bread and wrap it in a clean kitchen towel to keep warm.
- ☐ Repeat with the remaining dough rounds. Store any leftover flatbreads in an airtight container.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:71.1, Inflammation Score:-7, Nutrition Score:19.98913044118%

Nutrients (% of daily need)

Calories: 487.56kcal (24.38%), Fat: 1.46g (2.25%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 100.02g (33.34%), Net Carbohydrates: 96.16g (34.97%), Sugar: 4.15g (4.61%), Cholesterol: 1.25mg (0.42%), Sodium: 1760.98mg (76.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.41%), Vitamin B1: 1.18mg (78.78%), Folate: 271.96µg (67.99%), Selenium: 45.01µg (64.3%), Vitamin B2: 0.76mg (44.66%), Manganese: 0.86mg (43.24%), Vitamin B3: 8.15mg (40.73%), Iron: 5.87mg (32.62%), Phosphorus: 180.29mg (18.03%), Fiber: 3.85g (15.41%), Copper: 0.21mg (10.39%), Vitamin B5: 0.87mg (8.69%), Magnesium: 32.14mg (8.03%), Zinc: 1.16mg (7.75%), Potassium: 186.34mg (5.32%), Calcium: 50.8mg (5.08%), Vitamin B6: 0.1mg (4.88%), Vitamin B12: 0.18µg (2.94%)