



Better-Than-Pita Grill Bread



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon eggs beaten
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water (105–115°F)
- ☐ 0.3 oz yeast

Equipment

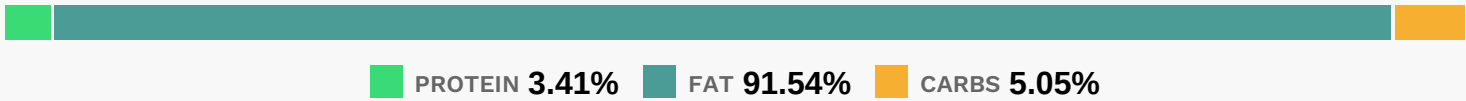
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ rolling pin
- ☐ grill pan

Directions

- ☐ Whisk together flour (2 cups), sugar, salt, and yeast in a bowl until combined.
- ☐ Whisk together water, oil, and egg in another bowl until combined well, then stir into flour mixture until a shaggy dough forms. Turn out dough onto a lightly floured surface and knead, working in just enough additional flour to keep dough from sticking, about 2 minutes (dough will not be smooth). Form dough into a ball and put in an oiled bowl, turning to coat, then let rest in bowl, uncovered, in a warm draft-free place 10 minutes.
- ☐ Cut dough into 10 pieces and form each into a ball. Working with 1 piece at a time, flatten balls, then roll out into 6-inch rounds (less than 1/8 inch thick) on lightly floured surface with a lightly floured rolling pin.
- ☐ Preheat grill pan or skillet over moderately high heat just until smoking, then reduce heat to moderate and grill bread rounds, 1 at a time, turning once, until marks appear and bread is cooked through, about 2 minutes. Keep breads warm, wrapped in a cloth napkin.
- ☐ If you have a 2-burner grill pan, you can grill 2 bread rounds at a time. Bread can be made 1 day ahead and cooled completely, then kept in an airtight container at room temperature. Reheat bread, loosely wrapped in foil, in a 350°F oven until heated through.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.3952173882205%

Nutrients (% of daily need)

Calories: 54.14kcal (2.71%), Fat: 5.65g (8.69%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.4g (0.45%), Cholesterol: 5.5mg (1.83%), Sodium: 235.31mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Vitamin K: 10.03µg (9.55%), Vitamin B1: 0.08mg (5.24%), Folate: 17.28µg (4.32%), Vitamin E: 0.46mg (3.08%), Vitamin B2: 0.04mg (2.07%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.12mg (1.18%)