



## Black Pepper Lavash

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



186 kcal

BREAD

### Ingredients

- 1 large eggs
- 3 cups flour all-purpose
- 1 teaspoon granulated sugar
- 2.3 teaspoons pepper black
- 2 teaspoons kosher salt
- 4 tablespoons butter unsalted at room temperature ()
- 0.8 cup water

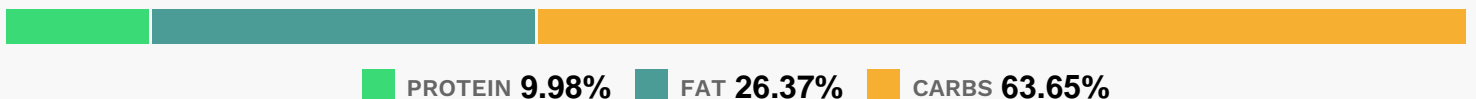
### Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- plastic wrap
- stand mixer
- rolling pin

## Directions

- Whisk together egg and water until evenly combined; set aside.
- Heat the oven to 400°F and arrange the rack in the middle.
- Combine flour, butter, salt, and sugar in the bowl of a stand mixer fitted with the paddle attachment.
- Mix on low speed until ingredients resemble cornmeal, about 2 minutes.
- Add egg mixture and mix on medium–low speed until just incorporated. Divide into three pieces, form into flat disks, cover each in plastic wrap, and refrigerate at least 30 minutes.
- Place one dough piece on a lightly floured surface and, using a floured rolling pin, roll dough into a paper–thin sheet (about 1/16 inch thick), approximating the dimensions of your baking sheet.
- Place dough on an ungreased baking sheet and sprinkle with 3/4 teaspoon of the pepper. Press pepper into lavash and bake until golden brown and crisp, about 18 minutes. Meanwhile, prepare remaining dough. Once baked, transfer to a wire rack to cool.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:17.71, Glycemic Load:21.04, Inflammation Score:-3, Nutrition Score:6.1099999417429%

## Nutrients (% of daily need)

Calories: 186.47kcal (9.32%), Fat: 5.4g (8.31%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 28.22g (10.26%), Sugar: 0.53g (0.58%), Cholesterol: 30.64mg (10.21%), Sodium: 474.54mg (20.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Selenium: 14.33µg (20.47%), Vitamin B1: 0.3mg (19.81%), Folate: 71.22µg (17.8%), Manganese: 0.32mg (15.8%), Vitamin B2: 0.21mg (12.41%), Vitamin B3: 2.23mg (11.13%), Iron: 1.88mg (10.42%), Phosphorus: 52.46mg (5.25%), Fiber: 1.13g (4.51%), Vitamin A: 169.41IU (3.39%), Copper: 0.07mg (3.39%), Vitamin B5: 0.25mg (2.53%), Magnesium: 9.92mg (2.48%), Zinc: 0.34mg (2.27%), Potassium: 54.45mg (1.56%), Vitamin E: 0.21mg (1.4%), Vitamin B6: 0.03mg (1.32%), Calcium: 12.59mg (1.26%), Vitamin D: 0.18µg (1.23%), Vitamin K: 1.26µg (1.2%)