



Classic Tuscan Flatbread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

Ingredients

- ☐ 2.5 cups flour ()
- ☐ 1 tablespoon sea salt
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup water lukewarm (90°F to 100°F)
- ☐ 0.5 ounce yeast fresh dry crumbled

Equipment

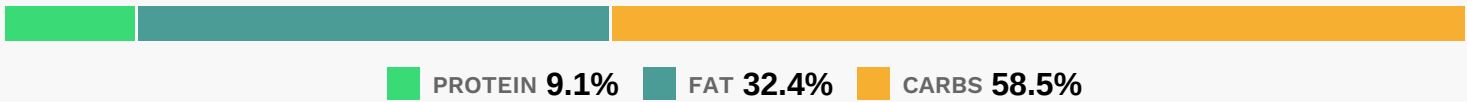
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Pour 1 cup lukewarm water into small bowl; sprinkle with yeast.
- ☐ Let stand until yeast dissolves, about 10 minutes.
- ☐ Place 2 cups flour in large bowl. Make well in center of flour.
- ☐ Pour yeast mixture into well. Using fork, stir until dough comes together. Knead in bowl, adding enough flour 1/4 cup at a time to form slightly sticky dough.
- ☐ Transfer to floured work surface. Knead until dough is smooth and elastic, about 10 minutes. Coat bowl with 1 tablespoon oil.
- ☐ Add dough; turn to coat. Cover bowl with plastic wrap.
- ☐ Let stand in warm draft-free area until doubled, about 1 hour 15 minutes.
- ☐ Brush 11-inch-diameter tart pan with removable bottom or baking sheet with 1 tablespoon oil. Punch down dough. Turn out onto floured work surface and shape into 11-inch round.
- ☐ Transfer dough to prepared tart pan or baking sheet. Cover loosely with plastic.
- ☐ Let rise until dough is almost doubled, about 30 minutes.
- ☐ Preheat oven to 400°F. Press fingertips into dough, creating indentations.
- ☐ Brush with remaining 2 tablespoons oil.
- ☐ Sprinkle with salt.
- ☐ Bake until golden, about 28 minutes. Cool bread in pan on rack 10 minutes.
- ☐ Remove bread from pan; cool completely.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:21.57, Inflammation Score:-3, Nutrition Score:7.638260871091%

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: 209.83kcal (10.49%), Fat: 7.52g (11.57%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 29.01g (10.55%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 875.36mg (38.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Vitamin B1: 0.5mg (33.44%), Folate: 112.95µg (28.24%), Selenium: 13.38µg (19.12%), Vitamin B2: 0.26mg (15.52%), Vitamin B3: 3.02mg (15.09%), Manganese: 0.27mg (13.71%), Iron: 1.9mg (10.54%), Vitamin E: 1.03mg (6.88%), Fiber: 1.53g (6.13%), Phosphorus: 53.47mg (5.35%), Vitamin K: 4.34µg (4.13%), Vitamin B5: 0.41mg (4.1%), Copper: 0.07mg (3.47%), Zinc: 0.42mg (2.8%), Magnesium: 9.87mg (2.47%), Vitamin B6: 0.04mg (2.19%), Potassium: 58.97mg (1.68%)