



Crisp Rosemary Flatbread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup olive oil plus more for brushing
- ☐ 1 tablespoon rosemary chopped (6-inch)
- ☐ 0.8 teaspoon salt
- ☐ 4 servings sea salt
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup water

Equipment

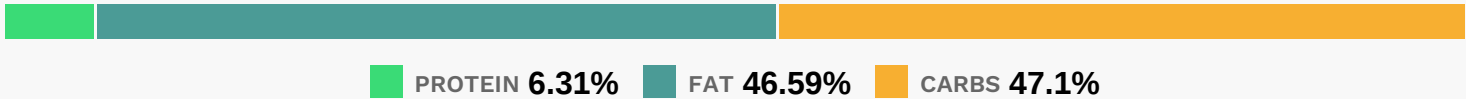
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 450°F with a heavy baking sheet on rack in middle.
- ☐ Stir together flour, chopped rosemary, baking powder, and salt in a medium bowl. Make a well in center, then add water and oil and gradually stir into flour with a wooden spoon until a dough forms. Knead dough gently on a work surface 4 or 5 times.
- ☐ Divide dough into 3 pieces and roll out 1 piece (keep remaining pieces covered with plastic wrap) on a sheet of parchment paper into a 10-inch round (shape can be rustic; dough should be thin).
- ☐ Lightly brush top with additional oil and scatter small clusters of rosemary leaves on top, pressing in slightly.
- ☐ Sprinkle with sea salt. Slide round (still on parchment) onto preheated baking sheet and bake until pale golden and browned in spots, 8 to 10 minutes.
- ☐ Transfer flatbread (discard parchment) to a rack to cool, then make 2 more rounds (1 at a time) on fresh parchment (do not oil or salt until just before baking). Break into pieces.
- ☐ Flatbread can be made 2 days ahead and cooled completely, then kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:30.52, Inflammation Score:-4, Nutrition Score:9.3726088249165%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 360.37kcal (18.02%), Fat: 18.61g (28.63%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 40.64g (14.78%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 739mg (32.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin B1: 0.43mg (28.79%), Selenium: 18.57µg (26.52%), Folate: 101.61µg (25.4%), Manganese: 0.38mg (19.2%), Vitamin E: 2.62mg (17.5%), Vitamin B3: 3.23mg (16.17%), Iron: 2.9mg (16.11%), Vitamin B2: 0.27mg (16.02%), Vitamin K: 11µg (10.48%), Phosphorus: 81.32mg (8.13%), Calcium: 74.82mg (7.48%), Fiber: 1.69g (6.77%), Copper: 0.09mg (4.34%), Magnesium: 13.71mg (3.43%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.24mg (2.4%), Potassium: 63.8mg (1.82%), Vitamin B6: 0.03mg (1.64%)