

Easy Flatbread Dough



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



478 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 375 grams flour all-purpose
- ☐ 2 teaspoon honey
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup milk
- ☐ 0.3 cup olive oil extra-virgin plus more for greasing bowl
- ☐ 1 pinch sugar

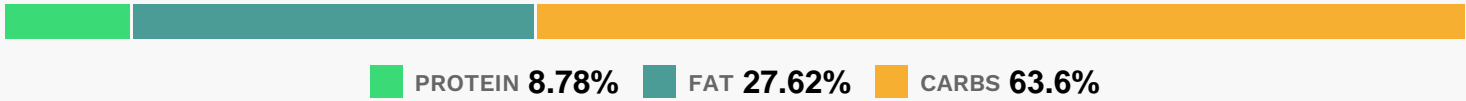
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In the bowl of a stand-mixer dissolve yeast and sugar in 1-cup warm milk or water. Set aside until frothy, about 10 minutes.
- ☐ Add about 2 ½ cups flour, salt, ¼ cup olive oil, and honey to the bowl. Fit the stand-mixer with a dough hook. Run machine on low, after a minute or so slowly sprinkle in the rest of the flour. Watch dough for the next few minutes dribbling in small amounts of water if needed to keep dough elastic. Dough should begin to look very smooth, pulling cleanly away from the sides and bottom of the bowl after about 10 minutes. If this does not happen add a few more tablespoons flour and continue running the machine until it does.
- ☐ Transfer dough to a bowl that has been greased with a little olive oil. Cover bowl with plastic and let rest in a warm place (about 75 degrees F is ideal) until doubled in size, about 1 hour.Dough will keep, in the refrigerator, at this stage for 24 hours.
- ☐ Let it come back to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:49.34, Glycemic Load:53.44, Inflammation Score:-6, Nutrition Score:15.633478405116%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 477.95kcal (23.9%), Fat: 14.55g (22.39%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 75.4g (25.13%), Net Carbohydrates: 72.39g (26.32%), Sugar: 3.38g (3.75%), Cholesterol: 0mg (0%), Sodium: 587.52mg (25.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Vitamin B1: 0.93mg (62.06%), Folate: 213.09µg (53.27%), Selenium: 31.95µg (45.65%), Manganese: 0.65mg (32.46%), Vitamin B2: 0.54mg (31.49%), Vitamin B3: 6.25mg (31.26%), Iron: 4.48mg (24.91%), Vitamin E: 2mg (13.34%), Fiber: 3.01g (12.06%), Phosphorus: 112.68mg (11.27%), Vitamin K: 8.42µg (8.01%), Copper: 0.15mg (7.7%), Vitamin B5: 0.65mg (6.52%), Magnesium: 22.26mg (5.56%), Zinc: 0.81mg (5.41%), Vitamin B6: 0.07mg (3.43%), Potassium: 119.31mg (3.41%), Calcium: 17.08mg (1.71%)