



HEALTH SCORE

59%

Flatbread Dough



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**311 kcal**

BREAD

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water (100° to 110°)
- ☐ 1 cup water boiling
- ☐ 0.3 cup cornmeal yellow
- ☐ 1 tablespoon cornmeal yellow divided

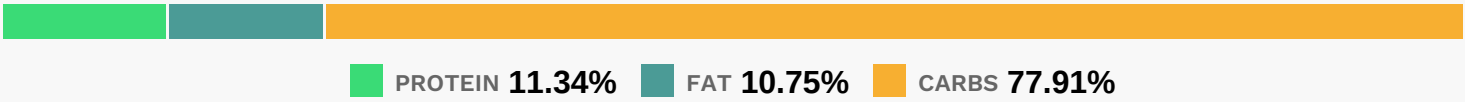
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Combine boiling water and 1/3 cup cornmeal in a bowl; let stand 20 minutes, stirring occasionally. Dissolve yeast in warm water in a small bowl, and let stand 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine cornmeal mixture, flour, and salt in a food processor, and pulse 4 times or until blended. With processor on, slowly add yeast mixture and oil through food chute; process until dough forms a ball. Process 1 additional minute. (To prepare dough by hand, combine cornmeal mixture, flour, and salt in a bowl; stir until well-blended.
- ☐ Add yeast mixture and oil, stirring well.) Turn dough out onto a floured surface, and knead lightly 4 or 5 times (dough will feel tacky).
- ☐ Place dough in a bowl coated with cooking spray, turning to coat top. Cover; let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down; cover and let rest 5 minutes. Divide dough into 4 equal portions, shaping each into a ball (cover remaining dough while working to prevent it from drying).
- ☐ Roll each ball into a 10 x 6-inch oval.
- ☐ Place 2 ovals on a baking sheet lightly dusted with 1 1/2 teaspoons cornmeal. Repeat procedure with remaining 2 ovals on an additional baking sheet lightly dusted with 1 1/2 teaspoons cornmeal.
- ☐ Add toppings and bake according to recipe directions.
- ☐ Note: If you use whole-grain cornmeal, which still contains some of the hull and germ of the dried corn kernel, you'll need to increase the flour to 2 1/4 cups.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:41.36, Inflammation Score:-6, Nutrition Score:12.368260675069%

Nutrients (% of daily need)

Calories: 311.35kcal (15.57%), Fat: 3.67g (5.65%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 59.9g (19.97%), Net Carbohydrates: 56.26g (20.46%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 297.19mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.43%), Vitamin B1: 0.73mg (48.69%), Folate: 160.68µg (40.17%), Selenium: 22.27µg (31.82%), Manganese: 0.53mg (26.67%), Vitamin B3: 4.78mg (23.91%), Vitamin B2: 0.39mg (23.14%), Iron: 3.42mg (19.01%), Fiber: 3.64g (14.55%), Phosphorus: 114.08mg (11.41%), Magnesium: 32.29mg (8.07%), Copper: 0.15mg (7.39%), Vitamin B6: 0.15mg (7.33%), Zinc: 1.07mg (7.15%), Vitamin B5: 0.6mg (6.04%), Potassium: 134.38mg (3.84%), Vitamin E: 0.38mg (2.56%), Vitamin K: 1.43µg (1.36%), Calcium: 13.26mg (1.33%)