

Flatbread Dough



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 10 ounces flour all-purpose divided
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash sugar
- ☐ 0.5 cup warm water (100° to 110°)
- ☐ 6 tablespoons warm water (100° to 110°)

Equipment

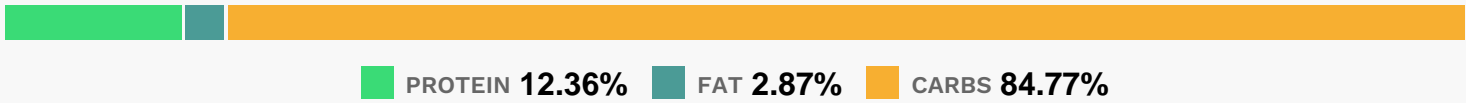
- ☐ bowl

- ☐ knife
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Dissolve sugar and yeast in 6 tablespoons warm water in a large bowl; stir in 1/4 cup flour.
- ☐ Let stand 30 minutes or until bubbly.
- ☐ Add 1 3/4 cups flour, 1/2 cup warm water, and salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:13.1, Inflammation Score:-3, Nutrition Score:3.8373912748597%

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 0.28g (0.42%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.56g (6.38%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 98.53mg (4.28%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin B1: 0.25mg (16.64%), Folate: 56.88µg (14.22%), Selenium: 8.06µg (11.51%), Vitamin B2: 0.14mg (8.24%), Manganese: 0.16mg (8.16%), Vitamin B3: 1.63mg (8.15%), Iron: 1.11mg (6.17%), Fiber: 0.79g (3.18%), Phosphorus: 29.23mg (2.92%), Copper: 0.04mg (1.97%), Vitamin B5: 0.18mg (1.82%), Magnesium: 5.69mg (1.42%), Zinc: 0.21mg (1.42%)