



Fresh Whole-Wheat Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

BREAD

Ingredients

- 2.3 cups bread flour
- 2.3 teaspoons yeast dry
- 1 tablespoon olive oil extra-virgin
- 0.8 teaspoon salt
- 1 tablespoon sugar
- 1 cup warm water (100° to 110°)
- 1 cup flour whole-wheat white divided
- 2 tablespoons yogurt 2% greek-style (such as Fage)

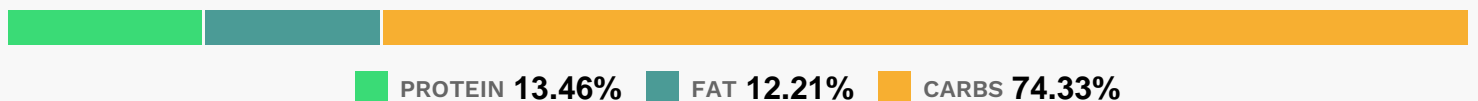
Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- blender
- measuring cup

Directions

- Dissolve sugar and yeast in 1 cup plus 2 tablespoons warm water in a large bowl; let stand 5 minutes. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Add bread flour, 3 ounces (about 3/4 cup) whole-wheat flour, yogurt, oil, and salt to the yeast mixture; beat with a mixer at medium speed until smooth. Turn the dough out onto a floured surface. Knead dough until smooth and elastic (about 10 minutes); add enough of remaining whole-wheat flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- 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, for 45 minutes or until doubled in size.
- Position the oven rack on the lowest shelf.
- Preheat the oven to 50
- Divide dough into 8 portions. Working with one portion at a time, gently roll each portion into a 5 1/2-inch circle.
- Place 4 dough circles on each of 2 baking sheets heavily coated with cooking spray.
- Bake, 1 sheet at a time, at 500 for 8 minutes or until puffed and browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:17.57, Inflammation Score:-3, Nutrition Score:7.7073912714487%

Nutrients (% of daily need)

Calories: 204.29kcal (10.21%), Fat: 2.79g (4.3%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 35.6g (12.95%), Sugar: 1.79g (1.99%), Cholesterol: 0.19mg (0.06%), Sodium: 222.34mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Manganese: 0.89mg (44.61%), Selenium: 23.68µg (33.82%), Vitamin B1: 0.2mg (13.37%), Fiber: 2.68g (10.74%), Phosphorus: 98.33mg (9.83%), Folate: 38.94µg (9.73%), Magnesium: 30.53mg (7.63%), Vitamin B3: 1.45mg (7.27%), Copper: 0.13mg (6.75%), Vitamin B2: 0.09mg (5.39%), Zinc: 0.78mg (5.21%), Iron: 0.89mg (4.95%), Vitamin B6: 0.09mg (4.48%), Vitamin B5: 0.38mg (3.75%), Vitamin E: 0.5mg (3.33%), Potassium: 103.34mg (2.95%), Calcium: 15.85mg (1.59%), Vitamin K: 1.45µg (1.38%)