



## Grape-Black Cumin Flatbread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

BREAD

### Ingredients

- 0.8 teaspoon cumin seeds black divided
- 2.3 teaspoons yeast dry
- 3.3 cups flour all-purpose divided
- 1 cup grape halves red divided
- 0.5 cup cornmeal stone-ground divided
- 0.3 teaspoon kosher salt
- 2 tablespoons olive oil divided
- 1 teaspoon salt

- 2 tablespoons sugar
- 1.3 cups warm water (100° to 110°)

## Equipment

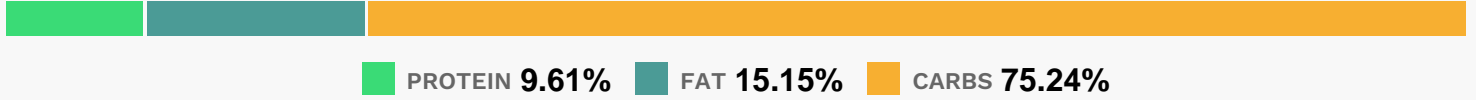
- bowl
- frying pan
- baking sheet
- oven
- knife
- plastic wrap
- spatula
- measuring cup

## Directions

- Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 cups flour and sugar to yeast mixture; stir until well combined. Cover and let stand at room temperature 1 hour to form a sponge (mixture will rise and bubble slightly).
- Add 1 cup flour, 1/2 cup cornmeal, 1 tablespoon olive oil, 1/4 teaspoon black cumin seeds, and 1 teaspoon salt to sponge; stir until a soft dough forms. Turn dough out onto a 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. Turn dough out onto a lightly floured surface; gently knead in 2/3 cup grape halves. Cover dough with plastic wrap, and let rest for 10 minutes.
- Transfer dough onto a baking sheet sprinkled with remaining 1 teaspoon cornmeal. Pat dough into a 14 x 10-inch rectangle; brush with remaining 1 tablespoon olive oil. Cover and let rise 30 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Preheat oven to 47

- Uncover dough, and sprinkle with remaining 1/2 teaspoon cumin seeds and kosher salt.
- Sprinkle remaining 1/3 cup grape halves over dough; gently press into dough.
- Bake at 475 for 15 minutes or until lightly browned. Loosen bread from pan with a thin spatula.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:22.05, Glycemic Load:23.97, Inflammation Score:-4, Nutrition Score:6.5886957163558%

## Nutrients (% of daily need)

Calories: 188.04kcal (9.4%), Fat: 3.15g (4.85%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 33.41g (12.15%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 245.24mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin B1: 0.36mg (23.95%), Folate: 78.12µg (19.53%), Selenium: 11.95µg (17.07%), Manganese: 0.29mg (14.45%), Vitamin B2: 0.21mg (12.14%), Vitamin B3: 2.43mg (12.13%), Iron: 1.93mg (10.7%), Fiber: 1.82g (7.28%), Phosphorus: 58.32mg (5.83%), Copper: 0.09mg (4.43%), Magnesium: 16.44mg (4.11%), Vitamin B6: 0.07mg (3.7%), Zinc: 0.51mg (3.38%), Vitamin K: 3.37µg (3.21%), Vitamin B5: 0.27mg (2.73%), Vitamin E: 0.41mg (2.73%), Potassium: 89.51mg (2.56%)