



Grilled Flatbread

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



667 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 8 servings puréed black beans sliced
- ☐ 4.8 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons kosher salt
- ☐ 8 servings parmesan cheese green grated
- ☐ 8 servings plum tomatoes fresh sour sliced (or cream)
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 8 servings vegetable oil (for brushing)

☐ 2.3 cups flour whole wheat

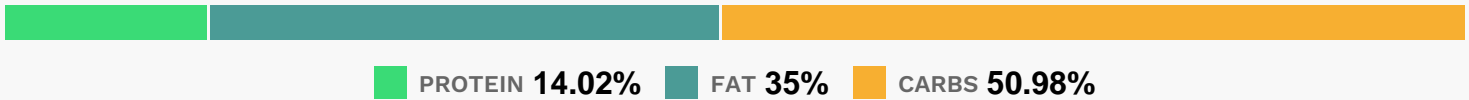
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Dissolve yeast in 3 cups warm water in a large bowl.
- ☐ Add all-purpose and wholewheat flours; mix with your fingertips until a shaggy dough forms. Cover bowl with plastic wrap and let rest at room temperature for 20 minutes.
- ☐ Sprinkle salt over dough, then add sour cream; knead until well incorporated and dough pulls away from sides of bowl and holds together in a loose, wet ball, about 5 minutes (dough will be very soft and wet; lightly moisten your hands to prevent sticking if needed). Cover bowl with plastic wrap and let dough rise at room temperature for 30 minutes.
- ☐ Knead dough an additional 4–5 times to deflate. Cover and chill for up to 2 days. (Dough will develop in flavor and continue to rise slowly in refrigerator.) Alternatively, let dough stand at room temperature until doubled in volume, 3–4 hours (the warmer and more humid your kitchen is, the faster it will rise). Chill for 1 hour before grilling to make it easier to handle.
- ☐ Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Divide dough into 8 equal portions. Generously flour a work surface. Working with 1 or 2 portions at a time (depending on how many flatbreads will fit on your grill), roll out dough or press with your hands into a 1/4"–thick shape. (It doesn't have to be perfectly round.)
- ☐ Brush grill rack with oil. Grill flatbreads until lightly charred on one side and no longer sticking to grill, 2–3 minutes. Using tongs, turn flatbreads and grill until cooked through, 1–2 minutes longer.
- ☐ Add desired toppings and serve warm.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:41.25, Inflammation Score:-8, Nutrition Score:26.21913039166%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 667.37kcal (33.37%), Fat: 26.18g (40.28%), Saturated Fat: 8.78g (54.88%), Carbohydrates: 85.81g (28.6%), Net Carbohydrates: 79.92g (29.06%), Sugar: 2.97g (3.3%), Cholesterol: 28.88mg (9.63%), Sodium: 2372.57mg (103.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.2%), Manganese: 1.89mg (94.75%), Selenium: 53.38µg (76.26%), Vitamin B1: 0.87mg (58.26%), Folate: 176.53µg (44.13%), Phosphorus: 426.2mg (42.62%), Calcium: 393.8mg (39.38%), Vitamin B2: 0.59mg (34.42%), Vitamin B3: 6.55mg (32.73%), Iron: 4.96mg (27.53%), Vitamin K: 27.42µg (26.11%), Fiber: 5.89g (23.55%), Magnesium: 77.88mg (19.47%), Zinc: 2.35mg (15.69%), Copper: 0.26mg (13.18%), Vitamin B6: 0.22mg (10.93%), Vitamin E: 1.56mg (10.37%), Vitamin A: 429.12IU (8.58%), Vitamin B5: 0.84mg (8.45%), Potassium: 259.51mg (7.41%), Vitamin B12: 0.39µg (6.51%), Vitamin C: 1.41mg (1.71%)