

food
network



HEALTH SCORE

60%

Grilled Flatbread with Cucumber-Yogurt Salad



Vegetarian



Very Healthy

READY IN

**156 min.**

SERVINGS

**4**

CALORIES

**520 kcal**

BREAD

Ingredients

- ☐ 2 cucumbers grated peeled
- ☐ 4 servings dill sprigs
- ☐ 0.5 teaspoon yeast dry
- ☐ 4 cups flour all-purpose
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons olive oil green plus more for brushing

- ☐ 8 ounces yogurt plain with cheesecloth for 1 hour drained
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1.5 cups warm water

Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ grill

Directions

- ☐ Mix water and yeast and let stand 15 minutes. Gradually pour in 2 cups of the flour and incorporate.
- ☐ Mix for about 1 minute to form a sponge.
- ☐ Let stand, covered for at least 1 hour up to 2 hours to create the sponge.
- ☐ Put sponge in the bowl of an electric mixer. Using the dough hook, add flour 1/2 cup at a time to form dough.
- ☐ Remove from bowl and knead.
- ☐ Place in a clean oiled bowl and let rise, slowly, about 1 hour. Divide dough into 4 balls.
- ☐ Roll out into 6-inch circles.
- ☐ Heat grill to high.
- ☐ Brush the dough with olive oil and season with pepper. Grill the bread for 2 1/2 to 3 minutes on each side.
- ☐ Remove from the grill and brush with more olive oil.
- ☐ Combine shredded cucumbers, yogurt, garlic, cumin, and chopped dill in a medium bowl. Season with salt and pepper, to taste.
- ☐ Garnish with fresh dill sprigs.

Nutrition Facts



 **PROTEIN 12.67%**  **FAT 7.07%**  **CARBS 80.26%**

Properties

Glycemic Index:43.5, Glycemic Load:70.13, Inflammation Score:-8, Nutrition Score:23.047391274701%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 520.19kcal (26.01%), Fat: 4.02g (6.19%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 102.71g (34.24%), Net Carbohydrates: 97.95g (35.62%), Sugar: 5.11g (5.67%), Cholesterol: 7.37mg (2.46%), Sodium: 487.31mg (21.19%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.21g (32.42%), Vitamin B1: 1.1mg (73.04%), Folate: 263.5µg (65.88%), Selenium: 44.28µg (63.26%), Manganese: 1.03mg (51.44%), Vitamin B2: 0.76mg (44.49%), Vitamin B3: 7.68mg (38.4%), Iron: 6.43mg (35.7%), Phosphorus: 229.04mg (22.9%), Fiber: 4.76g (19.03%), Copper: 0.32mg (16.21%), Magnesium: 55.68mg (13.92%), Potassium: 449.82mg (12.85%), Calcium: 121.84mg (12.18%), Vitamin B5: 1.2mg (12.01%), Vitamin K: 11.41µg (10.87%), Zinc: 1.56mg (10.38%), Vitamin B6: 0.2mg (9.78%), Vitamin C: 6.29mg (7.63%), Vitamin A: 206.45IU (4.13%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.32mg (2.11%)