



## Grilled Flatbreads

 Vegetarian  Vegan  Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



314 kcal

BREAD

### Ingredients

- 1.3 ounce yeast dry
- 8 servings pepper black freshly ground
- 5 cups flour all-purpose ()
- 1 tablespoon kosher salt plus more for seasoning
- 1 tablespoon olive oil plus more for brushing

### Equipment

- bowl
- baking sheet

- grill
- stand mixer

## Directions

- Pour 2 cups warm water (105°–115°) into the bowl of a stand mixer fitted with a paddle.
- Sprinkle yeast over.
- Let sit until yeast dissolves, about 10 minutes.
- Mix in 1 tablespoon oil.
- Add 5 cups flour and 1 tablespoon salt; beat until dough forms, about 1 minute.
- Transfer dough onto a floured work surface and knead until smooth, adding more flour by spoonfuls as needed for soft but still slightly sticky dough, about 5 minutes.
- Place dough in a large, lightly oiled bowl; turn to coat. Cover bowl with a kitchen towel and let dough rise in a warm place until doubled in volume, about 1 hour.
- Turn dough out onto a floured work surface. Divide into 8 equal pieces.
- Roll into balls; space 2" apart. Cover with a kitchen towel; let rest 15 minutes.
- Prepare a grill to medium–high heat. Lightly brush 4 baking sheets with oil. Working with 1 dough ball at a time, roll out into 9" round.
- Place 2 dough rounds on each prepared sheet.
- Brush lightly with oil; season with spice blend, salt, and pepper.
- Brush grill rack with oil. Working in batches, place flatbreads spice side down on rack.
- Brush with oil, season with salt and pepper, and grill until lightly charred in spots and cooked through, 1–1 1/2 minutes per side.
- Transfer to a work surface.
- Cut into wedges.

## Nutrition Facts

 **PROTEIN 12.69%**  **FAT 8.26%**  **CARBS 79.05%**

## Properties

Glycemic Index:13.38, Glycemic Load:43.14, Inflammation Score:-6, Nutrition Score:15.330434636658%

## Nutrients (% of daily need)

Calories: 314.49kcal (15.72%), Fat: 2.86g (4.39%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 61.51g (20.5%), Net Carbohydrates: 58.18g (21.16%), Sugar: 0.21g (0.24%), Cholesterol: 0mg (0%), Sodium: 875.93mg (38.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Vitamin B1: 1.1mg (73.38%), Folate: 246.64µg (61.66%), Selenium: 26.84µg (38.34%), Vitamin B2: 0.56mg (33.14%), Vitamin B3: 6.39mg (31.97%), Manganese: 0.56mg (28.08%), Iron: 3.75mg (20.82%), Fiber: 3.33g (13.3%), Phosphorus: 112.75mg (11.27%), Vitamin B5: 0.94mg (9.42%), Copper: 0.13mg (6.69%), Zinc: 0.9mg (6.01%), Vitamin B6: 0.1mg (5.06%), Magnesium: 19.77mg (4.94%), Potassium: 127.42mg (3.64%), Vitamin E: 0.3mg (2%), Calcium: 14.05mg (1.4%), Vitamin K: 1.47µg (1.4%)