



Grilled Rosemary Flatbreads



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

BREAD

Ingredients



3.8 cups flour all-purpose divided



2 tablespoons rosemary fresh divided chopped



1 tablespoon kosher salt divided



2 tablespoons olive oil



1.5 cups warm water (100° to 110°)



2.3 teaspoons quick-rise yeast

Equipment



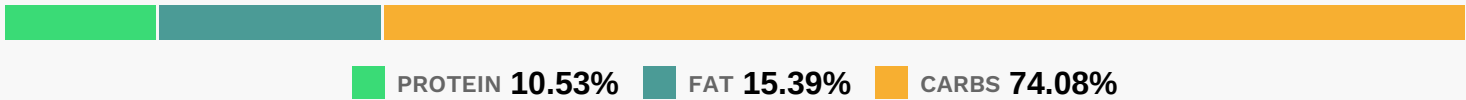
bowl

- ☐ knife
- ☐ grill
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in warm water in a large bowl; let stand 5 minutes.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife. Stir 1 cup flour into yeast mixture. Cover and let stand 30 minutes.
- ☐ Add remaining 2 3/4 cups flour, 1 teaspoon salt, and 1 tablespoon rosemary to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 6 minutes).
- ☐ 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, 40 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Prepare grill.
- ☐ Punch dough down; divide into 12 equal portions.
- ☐ Roll each portion into a 4 1/2- to 5-inch circle on a lightly floured surface.
- ☐ Brush dough rounds with olive oil; sprinkle rounds evenly with remaining 2 teaspoons salt and 1 tablespoon rosemary.
- ☐ Place dough rounds on grill rack coated with cooking spray; grill 3 to 4 minutes on each side or until puffed and golden.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:21.57, Inflammation Score:-4, Nutrition Score:6.1869565343241%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 165.15kcal (8.26%), Fat: 2.78g (4.28%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 28.86g (10.49%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 584.06mg (25.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin B1: 0.37mg (24.73%), Folate: 85.5µg (21.37%), Selenium: 13.29µg (18.99%), Manganese: 0.27mg (13.65%), Vitamin B2: 0.22mg (12.75%), Vitamin B3: 2.54mg (12.72%), Iron: 1.87mg (10.36%), Fiber: 1.26g (5.03%), Phosphorus: 46.12mg (4.61%), Copper: 0.06mg (3.25%), Vitamin B5: 0.25mg (2.53%), Vitamin E: 0.36mg (2.4%), Magnesium: 9.52mg (2.38%), Zinc: 0.33mg (2.18%), Vitamin K: 1.52µg (1.45%), Potassium: 49.74mg (1.42%), Vitamin B6: 0.03mg (1.35%)