



Ground Coriander and Cilantro Flatbreads

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



125 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2.5 teaspoons ground coriander
- ☐ 8 servings olive oil for frying
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup yogurt plain ()
- ☐ 1.5 cups unbleached all purpose flour ()

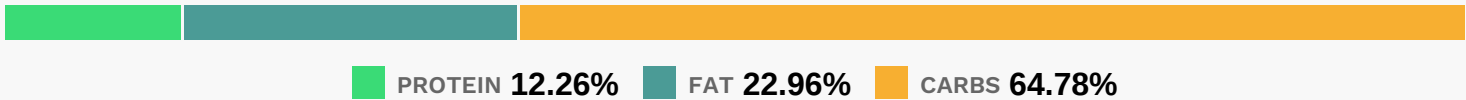
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sift first 5 ingredients into medium bowl. Stir in cilantro.
- ☐ Add yogurt and stir with fork until small clumps form. Knead mixture in bowl just until dough holds together, adding more flour or yogurt by tablespoonfuls for soft and slightly sticky dough. Turn dough out onto floured surface. Knead just until smooth, about 1 minute. Divide dough into 8 equal pieces.
- ☐ Roll each piece into ball, then roll each doughpiece out on floured surface to 4 1/2-inch round.
- ☐ Brush large nonstick skillet generously with olive oil; heat over medium heat. Working in batches, add 3 dough rounds to skillet; cook until golden brown and puffed, adjusting heat to medium-high as needed to brown evenly, about 3 minutes per side.
- ☐ Transfer flatbreads to platter; serve warm.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:5.1165217290754%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 125.34kcal (6.27%), Fat: 3.19g (4.9%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.31g (7.02%), Sugar: 1.83g (2.04%), Cholesterol: 0.46mg (0.15%), Sodium: 384.65mg (16.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin B1: 0.2mg (13.13%), Selenium: 8.94µg (12.78%), Folate: 46.06µg (11.52%), Vitamin B2: 0.17mg (10.14%), Calcium: 98.33mg (9.83%), Manganese: 0.18mg (8.82%), Phosphorus: 80.68mg (8.07%), Iron: 1.32mg (7.35%), Vitamin B3: 1.43mg (7.16%), Vitamin K: 3.87µg (3.68%), Fiber: 0.91g (3.66%), Vitamin E: 0.47mg (3.16%), Magnesium: 11.96mg (2.99%), Zinc: 0.42mg (2.8%), Potassium: 95.26mg (2.72%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.14µg (2.34%), Copper: 0.05mg (2.25%),

Vitamin B6: 0.02mg (1.17%)