



Herb Baked Flatbread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry ()
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.5 cup cornmeal
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pepper fresh green red thinly sliced (1/3 cup) (1 cup)
- ☐ 1 teaspoon sea salt plus more to top bread
- ☐ 1 teaspoon sugar

- ☐ 1 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Combine 1 cup warm water, yeast, and sugar in a glass measuring cup, and stir to mix; let stand 10 minutes or until frothy.
- ☐ In a separate large bowl, whisk together flour, cornmeal, and sea salt. Make a well in the center, and add olive oil and yeast mixture; mix thoroughly until it forms a stiff dough. Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 10 minutes).
- ☐ Place in a lightly oiled bowl, turning to grease top. Cover with a damp cloth, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Preheat oven to 45
- ☐ Punch dough down, and divide into fourths; let rest 15 minutes.
- ☐ Roll each portion into a flat 10- to 12-inch round on a surface dusted with cornmeal.
- ☐ Transfer each round onto a baking sheet dusted with cornmeal. Top with vegetables and herbs, and brush with more olive oil.
- ☐ Sprinkle with sea salt and pepper to taste, and bake for 14 minutes or until crisp and golden.
- ☐ Breadsticks: Divide dough into 4 pieces; roll each into a (7- x 5-inch) rectangle.
- ☐ Cut each rectangle lengthwise into 5 strips. Pull or roll into long sticks: Starting from the center, press downward and outward while rolling toward the ends. Use as little flour as possible for the easiest rolling.
- ☐ Brush with olive oil, and sprinkle with salt, pepper, and herbs (such as fresh rosemary).
- ☐ Bake at 450 for 13 minutes or until golden brown and crispy.

Nutrition Facts



 **PROTEIN 10.04%**  **FAT 19.17%**  **CARBS 70.79%**

Properties

Glycemic Index:61.4, Glycemic Load:52.49, Inflammation Score:-7, Nutrition Score:15.703043500528%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 434.65kcal (21.73%), Fat: 9.17g (14.11%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 76.25g (25.42%), Net Carbohydrates: 71.53g (26.01%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 588.2mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.62%), Vitamin B1: 0.87mg (57.9%), Folate: 193.04µg (48.26%), Selenium: 27.83µg (39.76%), Manganese: 0.7mg (34.81%), Vitamin B3: 5.83mg (29.16%), Vitamin B2: 0.48mg (28.13%), Iron: 4.42mg (24.58%), Fiber: 4.72g (18.87%), Phosphorus: 141.65mg (14.17%), Magnesium: 41.72mg (10.43%), Copper: 0.18mg (9.24%), Vitamin B6: 0.18mg (9.21%), Zinc: 1.33mg (8.85%), Vitamin E: 1.13mg (7.53%), Vitamin B5: 0.71mg (7.15%), Potassium: 177.32mg (5.07%), Vitamin K: 4.66µg (4.44%), Calcium: 21.45mg (2.14%)