

Lebanese Zaatar (Za'atar) Bread



Vegetarian



Vegan



Dairy Free

READY IN



55 min.

SERVINGS



40

CALORIES



174 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 cup corn oil
- ☐ 8 cups flour all-purpose
- ☐ 2 cups olive oil
- ☐ 1 teaspoon salt
- ☐ 3 cups warm water
- ☐ 1 teaspoon sugar white
- ☐ 2 cups flour whole wheat
- ☐ 0.3 ounce yeast

☐ 2 cups za'atar to taste

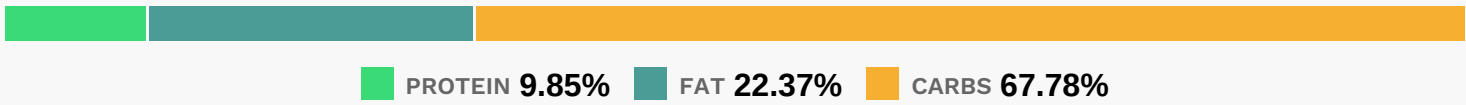
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix water, yeast, salt, and sugar together in a large bowl.
- ☐ Add all-purpose flour, whole wheat flour, olive oil, and corn oil; mix using your hands, adding more whole wheat flour if needed, until dough holds together.
- ☐ Mix za'atar into dough until evenly incorporated.
- ☐ Shape dough, about 1/4 cup per piece, into rounds on a floured work surface. Arrange rounds on baking sheets.
- ☐ Bake in the preheated oven until lightly browned, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:13.87, Inflammation Score:-6, Nutrition Score:19.773478269577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 174.01kcal (8.7%), Fat: 4.57g (7.03%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 25.39g (9.23%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 66.28mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin K: 204.78µg (195.03%), Iron: 16.01mg (88.96%), Manganese: 1.35mg (67.29%), Calcium: 230.01mg (23%), Fiber: 5.74g (22.97%), Folate: 84.95µg (21.24%), Vitamin B1: 0.31mg (20.44%), Selenium: 12.74µg (18.2%), Vitamin B3: 2.43mg (12.15%), Vitamin B2: 0.19mg (11.04%), Magnesium: 40.02mg (10%), Vitamin E: 1.42mg (9.46%), Vitamin A: 450.06IU (9%), Copper: 0.17mg (8.3%),

Phosphorus: 73.33mg (7.33%), Zinc: 1.08mg (7.19%), Vitamin C: 5.92mg (7.17%), Vitamin B6: 0.1mg (5.16%), Potassium: 146.55mg (4.19%), Vitamin B5: 0.17mg (1.7%)