



Lemon Flatbread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



134 kcal

BREAD

Ingredients



1 tablespoon active yeast dry



4.3 cups flour all-purpose



3 lemons



0.3 cup olive oil plus more for bowl and pans



3 tablespoons salt divided (see Notes)

Equipment



bowl



baking sheet


- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ In the bowl of a stand mixer, dissolve yeast in 1 3/4 cups warm water (90 to 105).
- ☐ Let sit until foamy, about 5 minutes.
- ☐ Attach dough hook and, with mixer on low, add olive oil, flour, and 4 tsp. salt.
- ☐ Mix until dough is smooth, about 2 minutes. (It will still be fairly sticky and won't pull away from the inside of bowl.) Using a spatula or oiled hands, put dough in a large, oiled bowl, cover with a clean towel or plastic wrap, and let sit until doubled in bulk, 1 1/2 to 2 hours.
- ☐ Meanwhile, slice lemons as thinly as possible. Discard any seeds. Put lemons and 1 tbsp. salt in a bowl.
- ☐ Let sit at room temperature at least 1 hour and up to 1 day.
- ☐ Preheat oven to 42
- ☐ Lightly oil two 10- by 15-in. baking sheets. Punch down dough, divide in half, and put each half on a baking sheet. Flatten dough as much as possible, pushing gently from the center out. (Dough will pull back toward the center; don't worry if it doesn't stay in place.)
- ☐ Let rest 10 minutes and then flatten again, pushing the edges and corners down to help them stay put (if it pulls back a bit, that's okay, but you want to make the dough as thin and flat as possible).
- ☐ Lift lemon slices out of their juices and lay them evenly over the dough, pressing them into dough as much as possible.
- ☐ Sprinkle dough with remaining 2 tsp. salt.
- ☐ Bake until brown and crispy, about 25 minutes. While bread is still warm, cut each sheet into 15 pieces. Cool on wire racks.

Nutrition Facts



 PROTEIN **8.91%**  FAT **26.2%**  CARBS **64.89%**

Properties

Glycemic Index:5.03, Glycemic Load:14.93, Inflammation Score:-2, Nutrition Score:4.863478279956%

Flavonoids

Eriodictyol: 3.46mg, Eriodictyol: 3.46mg, Eriodictyol: 3.46mg, Eriodictyol: 3.46mg Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 133.86kcal (6.69%), Fat: 3.92g (6.04%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 20.64g (7.5%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 1047.5mg (45.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Vitamin B1: 0.24mg (15.8%), Folate: 55.07µg (13.77%), Selenium: 9.09µg (12.98%), Vitamin C: 8.59mg (10.41%), Manganese: 0.19mg (9.47%), Vitamin B2: 0.14mg (8.38%), Vitamin B3: 1.66mg (8.32%), Iron: 1.36mg (7.57%), Fiber: 1.22g (4.9%), Vitamin E: 0.56mg (3.72%), Phosphorus: 32.55mg (3.26%), Copper: 0.05mg (2.3%), Vitamin K: 2.25µg (2.14%), Magnesium: 7.27mg (1.82%), Vitamin B5: 0.17mg (1.74%), Potassium: 52.94mg (1.51%), Zinc: 0.21mg (1.43%), Vitamin B6: 0.03mg (1.38%)