



## Naan



Vegetarian



Popular

READY IN



180 min.

SERVINGS



14

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 ounce active yeast dry
- 4.5 cups bread flour
- 0.3 cup butter melted
- 1 eggs beaten
- 3 tablespoons milk
- 2 teaspoons salt
- 1 cup warm water
- 0.3 cup sugar white

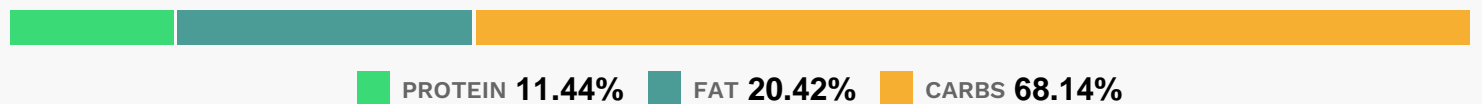
# Equipment

- bowl
- grill

# Directions

- In a large bowl, dissolve yeast in warm water.
- Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth.
- Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise.
- Let it rise 1 hour, until the dough has doubled in volume.
- Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a golf ball.
- Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.
- During the second rising, preheat grill to high heat.
- At grill side, roll one ball of dough out into a thin circle. Lightly oil grill.
- Place dough on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned.
- Brush uncooked side with butter, and turn over.
- Brush cooked side with butter, and cook until browned, another 2 to 4 minutes.
- Remove from grill, and continue the process until all the naan has been prepared.

# Nutrition Facts



# Properties

Glycemic Index:16.08, Glycemic Load:21.43, Inflammation Score:-2, Nutrition Score:4.1699999946615%

# Nutrients (% of daily need)

Calories: 195.93kcal (9.8%), Fat: 4.41g (6.78%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 31.98g (11.63%), Sugar: 3.86g (4.29%), Cholesterol: 20.79mg (6.93%), Sodium: 365.9mg (15.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Selenium: 17.08µg (24.4%), Manganese: 0.32mg (16.09%), Folate: 26.7µg (6.68%), Vitamin B1: 0.09mg (6.07%), Phosphorus: 52.64mg (5.26%), Fiber: 1.1g (4.4%), Copper: 0.08mg (4.04%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.31mg (3.09%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.44mg (2.95%), Magnesium: 11.34mg (2.83%), Vitamin A: 124.28IU (2.49%), Iron: 0.43mg (2.41%), Vitamin E: 0.29mg (1.93%), Potassium: 55.28mg (1.58%), Vitamin B6: 0.03mg (1.49%), Calcium: 13.61mg (1.36%)