

Naan

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 cups bread flour divided
- ☐ 4 tablespoons cornmeal divided
- ☐ 1 teaspoon yeast dry
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1.3 teaspoons sea salt
- ☐ 0.8 cup warm water (100° to 110°)
- ☐ 1 cup flour whole wheat

Equipment

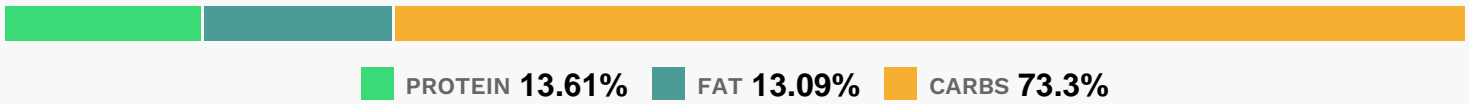
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wooden spoon
- ☐ measuring cup
- ☐ pizza stone

Directions

- ☐ Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Stir in yogurt. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Add 1/2 cup bread flour and whole wheat flour to yeast mixture; stir with a whisk until smooth. Cover and let rise in a warm place (85), free from drafts, 2 hours (batter will be bubbly, lacy, and weblike).
- ☐ Stir in salt and oil.
- ☐ Add 1 1/2 cups bread flour (1/2 cup at a time); stir with a wooden spoon (dough will become very difficult to stir).
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 2 hours or until doubled in size. (Press 2 fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Place pizza stone on the bottom rack in oven. Preheat oven to 500
- ☐ Punch dough down; turn out onto a lightly floured surface. Cover and let rest 5 minutes.
- ☐ Divide dough into 8 equal portions. Working with 1 portion at a time, (cover remaining dough to keep from drying), stretch each portion into a 6-inch oval. Cover and let rest 5 minutes.

- ☐ Make indentations in top of dough portions using the handle of a wooden spoon or your fingertips; cover and let rise 20 minutes.
- ☐ Place 2 dough portions on the back of a pizza peel dusted with 1 tablespoon cornmeal. Slide onto preheated pizza stone or baking sheet lined with parchment.
- ☐ Bake at 500 for 6 minutes or until lightly browned. Repeat with remaining dough and cornmeal.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:18.69, Inflammation Score:-3, Nutrition Score:8.2891304538302%

Nutrients (% of daily need)

Calories: 223.49kcal (11.17%), Fat: 3.27g (5.03%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 38.15g (13.87%), Sugar: 1.33g (1.47%), Cholesterol: 0.92mg (0.31%), Sodium: 376.62mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.29%), Manganese: 0.92mg (46.17%), Selenium: 24.06µg (34.38%), Phosphorus: 123.43mg (12.34%), Fiber: 3.02g (12.09%), Vitamin B1: 0.17mg (11.2%), Magnesium: 37.73mg (9.43%), Folate: 30.69µg (7.67%), Copper: 0.15mg (7.26%), Vitamin B3: 1.39mg (6.96%), Zinc: 1.01mg (6.76%), Vitamin B6: 0.12mg (5.84%), Vitamin B2: 0.1mg (5.81%), Iron: 1.04mg (5.77%), Vitamin B5: 0.42mg (4.17%), Potassium: 145.34mg (4.15%), Calcium: 39.72mg (3.97%), Vitamin E: 0.52mg (3.48%), Vitamin B12: 0.09µg (1.43%), Vitamin K: 1.49µg (1.42%)