



## Nigella-seed Flatbreads

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



118 kcal

BREAD

### Ingredients

- 4 cups flour all-purpose
- 0.3 cup olive oil extra-virgin
- 1 tablespoon salt
- 2 teaspoons nigella seeds
- 1.5 cups warm water (105° to 110°)
- 1 teaspoon yeast

### Equipment

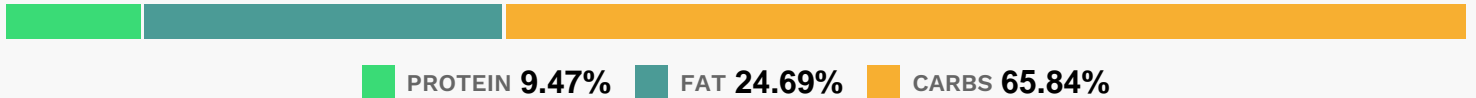
- bowl

frying pan

## Directions

- Combine yeast, water, and oil in a small bowl; let stand 5 minutes.
- Combine flour and salt in a large bowl, and make a well in center of mixture. Stir in yeast mixture and nigella seeds.
- Turn dough out onto a lightly floured surface; knead dough until smooth and elastic.
- Place dough in a greased bowl, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour.
- Divide dough into 20 equal pieces, and shape into very thin rounds.
- Let dough rest 10 minutes.
- Heat a large heavy skillet over medium-high heat.
- Add flatbreads, one at a time; cook until blistered and puffed. Turn flatbreads over; cook 1 more minute.
- Remove and cover to keep warm and pliable.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:13.8, Inflammation Score:-2, Nutrition Score:3.7947826528031%

## Nutrients (% of daily need)

Calories: 118.33kcal (5.92%), Fat: 3.2g (4.92%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 18.42g (6.7%), Sugar: 0.08g (0.08%), Cholesterol: 0mg (0%), Sodium: 350.34mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin B1: 0.21mg (14.22%), Folate: 49.39µg (12.35%), Selenium: 8.49µg (12.13%), Manganese: 0.17mg (8.59%), Vitamin B3: 1.54mg (7.69%), Vitamin B2: 0.13mg (7.63%), Iron: 1.18mg (6.56%), Fiber: 0.76g (3.06%), Phosphorus: 27.99mg (2.8%), Vitamin E: 0.4mg (2.69%), Copper: 0.04mg (1.99%), Vitamin K: 1.7µg (1.62%), Magnesium: 5.77mg (1.44%), Vitamin B5: 0.13mg (1.3%), Zinc: 0.19mg (1.27%)