

Noni Afghani

 Vegetarian  Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



306 kcal

SIDE DISH

Ingredients

- 0.3 ounce active yeast dry
- 0.3 cup corn oil
- 1 eggs
- 4 cups flour all-purpose
- 1.3 teaspoons salt to taste
- 1 tablespoon water
- 1.5 cups warm water
- 1 tablespoon sugar white

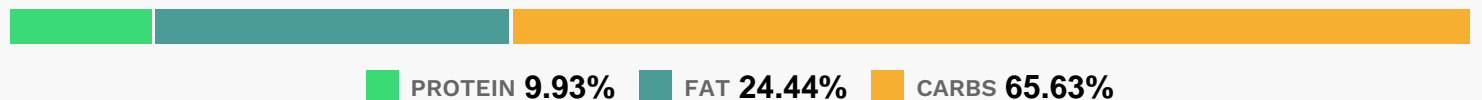
Equipment

- bowl
- baking sheet
- oven
- knife
- rolling pin

Directions

- In a small bowl, stir together 1/2 cup warm water and sugar.
- Sprinkle the yeast over the top, and let stand for about 10 minutes, until foamy.
- Place flour in a large bowl, and stir in salt. Make a well in the center, and pour in the corn oil and yeast mixture.
- Add the remaining water in small amounts until you have a soft moist dough that can be handled. Turn out onto a floured surface, and knead for at least 5 minutes. Return to the bowl, cover with a towel, and let rise until doubled in size, about 1 1/2 hours.
- Preheat the oven to 350 degrees F (175 degrees C). Deflate the risen dough, and divide into 8 pieces.
- Roll each piece into a ball.
- On a lightly floured surface, roll each ball with a rolling pin so it is oval shaped, about 6 inches long, and 1/2 inch thick. Use a fork or dull knife to draw three lines on the top of each loaf.
- Place the loaves on a baking sheet.
- Mix together the egg and remaining tablespoon of water; brush the tops of the loaves with the mixture.
- Sprinkle caraway seeds over the tops, if using.
- Bake for 20 to 25 minutes in the preheated oven, until the loaves are shiny and golden brown.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:35.55, Inflammation Score:-4, Nutrition Score:10.427391187004%

Nutrients (% of daily need)

Calories: 305.9kcal (15.29%), Fat: 8.21g (12.63%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 47.67g (17.33%), Sugar: 1.69g (1.87%), Cholesterol: 20.46mg (6.82%), Sodium: 375.19mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.01%), Vitamin B1: 0.59mg (39.35%), Folate: 137.69µg (34.42%), Selenium: 22.96µg (32.79%), Vitamin B2: 0.37mg (21.74%), Manganese: 0.43mg (21.58%), Vitamin B3: 4.05mg (20.25%), Iron: 3.02mg (16.77%), Phosphorus: 84.03mg (8.4%), Fiber: 1.93g (7.7%), Vitamin E: 1.13mg (7.56%), Copper: 0.11mg (5.28%), Vitamin B5: 0.48mg (4.78%), Zinc: 0.58mg (3.9%), Magnesium: 15.36mg (3.84%), Vitamin K: 3.16µg (3.01%), Vitamin B6: 0.05mg (2.51%), Potassium: 83.03mg (2.37%), Calcium: 14.35mg (1.43%)