



Norwegian Flatbreads

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



118 kcal

Ingredients

- 1 teaspoon cinnamon
- 0.5 cup cup heavy whipping cream
- 1.8 teaspoons kosher salt
- 2 pounds baking potatoes diced finely
- 4 tablespoons butter salted melted
- 0.5 cup sugar
- 3 cups flour all-purpose
- 5 tablespoons butter unsalted cut into 1/2-inch slices

Equipment

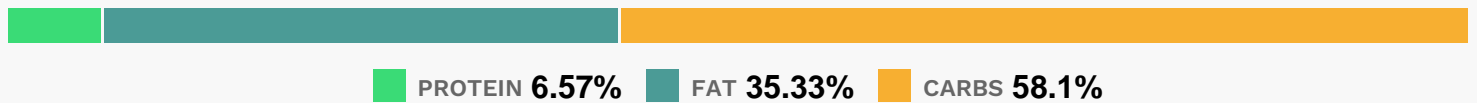
- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- spatula
- rolling pin
- potato ricer
- dough scraper

Directions

- In medium saucepan over high heat, combine potatoes and cold water to cover. Cover and bring to boil, then reduce heat to low and simmer until tender, about 15 minutes.
- Drain well and force potatoes through ricer or food mill into large bowl. Stir in butter.
- Add salt and cream and stir until smooth.
- Add flour and stir until dough forms (do not overmix). Cover and chill at least 6 hours and up to 3 days.
- In small bowl, whisk together sugar and cinnamon. Lightly oil 10-inch cast iron skillet and set over moderately low heat. Have ready rolling pin, pastry bench scraper, and thin metal spatula.
- Turn dough out onto well-floured work surface. Using pastry bench scraper, cut in half and return half to bowl.
- Cut other piece in half again; cut 1 piece into 8 small pieces and reserve other piece.
- Pat 1 small piece to flatten. Dough may be very soft and sticky, depending on moisture content of potato — add some of 3 cups flour as needed to prevent sticking. Using scraper, flip dough over and pat again to flatten.
- Roll patty out to 7-inch circle.
- Using pastry bench scraper, carefully transfer flatbread to hot skillet and cook until dough bubbles and is beginning to brown underneath, less than 1 minute. Using thin, flexible metal spatula, flip flatbread over and cook other side until lightly brown, about 1 minute.

- Transfer to plate and brush off any excess flour. Scrape any excess flour out of skillet.
- Repeat rolling and cooking with 8 small pieces of dough, then divide remaining piece of dough on counter into 8 pieces and roll and cook each piece. Repeat process with remaining dough in bowl to make 32 flatbreads.
- To serve, brush warm lefse with melted butter, sprinkle with cinnamon-sugar, and roll up.
- Serve warm.
- Let them cool without filling, stack them in a plastic container, cover, and chill until ready to use. To serve, wrap packages of 8 lefse in foil and reheat in a 350°F oven for 5 to 10 minutes before filling.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:12.68, Inflammation Score:-2, Nutrition Score:3.1360869362302%

Nutrients (% of daily need)

Calories: 118.11kcal (5.91%), Fat: 4.68g (7.21%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 16.62g (6.04%), Sugar: 3.44g (3.82%), Cholesterol: 12.67mg (4.22%), Sodium: 141.36mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin B1: 0.12mg (7.75%), Manganese: 0.14mg (6.8%), Folate: 25.68µg (6.42%), Selenium: 4.26µg (6.08%), Vitamin B6: 0.1mg (5.22%), Vitamin B3: 0.99mg (4.95%), Vitamin B2: 0.08mg (4.48%), Iron: 0.8mg (4.44%), Potassium: 135.59mg (3.87%), Phosphorus: 31.39mg (3.14%), Vitamin A: 153.53IU (3.07%), Fiber: 0.72g (2.87%), Copper: 0.05mg (2.37%), Magnesium: 9.48mg (2.37%), Vitamin C: 1.64mg (1.99%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.18mg (1.19%)