

Onion Naan

 Vegetarian

READY IN



140 min.

SERVINGS



10

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounces yeast dry
- 3.5 cups flour all-purpose plus more for surface and hands
- 1 teaspoon kosher salt plus more
- 1 small onion finely chopped
- 1 cup yogurt (not Greek)
- 1 teaspoon sugar
- 2 tablespoons ghee melted plus more (clarified butter)
- 0.8 cup milk whole

Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Heat milk in a small saucepan over medium-low heat until an instant-read thermometer registers 100°F.
- Transfer to a small bowl and whisk in yeast and sugar.
- Let stand until foamy, about 10 minutes.
- Whisk 3 1/2 cups flour and 1 teaspoon salt in a large bowl to blend.
- Add yeast mixture, onion, yogurt, and 2 tablespoons ghee.
- Mix dough until blended but still shaggy.
- Transfer dough to a lightly floured work surface. Knead until a smooth dough forms, adding flour as needed (dough will be sticky), about 5 minutes. Lightly grease another large bowl with ghee, place dough in bowl, and turn to coat. Cover with plastic wrap.
- Let rise in a warm, draft-free area until doubled in size, about 1 hour.
- Punch down dough and divide into 10 pieces. Using floured hands, roll each piece into a ball on a lightly floured surface. Cover with plastic wrap; let rest 10 minutes.
- Heat a large cast-iron or other heavy skillet over medium-high heat. Lightly coat with ghee. Working with 1 piece at a time, stretch dough with your hands or roll out with a rolling pin to 1/8" thickness.
- Sprinkle with salt. Cook until lightly blistered, puffed, and cooked through, about 2 minutes per side. Wrap in foil to keep warm until ready to serve.
- DO AHEAD: Naan dough can be made 4 hours before shaping. Cover and chill.

Nutrition Facts



■ PROTEIN 12.86% ■ FAT 17.23% ■ CARBS 69.91%

Properties

Glycemic Index:21.01, Glycemic Load:24.9, Inflammation Score:-4, Nutrition Score:8.57043477245%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 216.87kcal (10.84%), Fat: 4.11g (6.32%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 35.98g (13.08%), Sugar: 3.58g (3.97%), Cholesterol: 10.37mg (3.46%), Sodium: 259.95mg (11.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Vitamin B1: 0.45mg (29.78%), Folate: 100.92µg (25.23%), Selenium: 16.15µg (23.08%), Vitamin B2: 0.33mg (19.35%), Manganese: 0.31mg (15.61%), Vitamin B3: 2.93mg (14.63%), Iron: 2.08mg (11.58%), Phosphorus: 110.74mg (11.07%), Calcium: 79.8mg (7.98%), Fiber: 1.49g (5.96%), Vitamin B5: 0.52mg (5.21%), Zinc: 0.69mg (4.58%), Magnesium: 17.56mg (4.39%), Potassium: 153.78mg (4.39%), Vitamin B12: 0.25µg (4.15%), Copper: 0.07mg (3.64%), Vitamin B6: 0.06mg (3.12%), Vitamin D: 0.2µg (1.34%)