



Piadina Romagnola (Italian Flat Bread)

READY IN



90 min.

SERVINGS



12

CALORIES



217 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 egg white
- ☐ 3.5 cups flour all-purpose
- ☐ 0.5 cup greek yogurt
- ☐ 0.5 cup butter at room temperature
- ☐ 0.8 cup milk
- ☐ 1 tablespoon salt

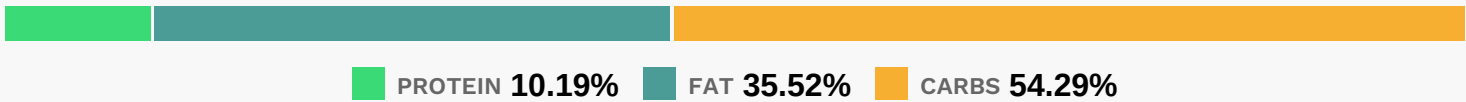
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir the milk, margarine, and yogurt together in a bowl.
- ☐ Mix the flour, salt, baking powder, and egg white in a large bowl.
- ☐ Pour the milk mixture into the flour mixture and work the mixture together with your hands until the dough separates from the sides of the bowl, adding flour or water as needed to get the right consistency, which will be neither sticky nor dry. Cover with a damp cloth and let stand at room temperature for 30 minutes.
- ☐ Turn the dough out onto a lightly floured surface; divide into 12 pieces and roll into balls.
- ☐ Roll and stretch each ball to about 1/8-inch thick and 8 inches in diameter.
- ☐ Lightly oil a cast iron skillet and place over medium-low heat. Cook the dough in the hot skillet until it begins to set, 1 to 2 minutes per side. Pierce the dough with a fork 3 to 4 times while it cooks. Wrap the finished pieces in a towel until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:20.65, Inflammation Score:-5, Nutrition Score:6.7291305034381%

Nutrients (% of daily need)

Calories: 216.78kcal (10.84%), Fat: 8.49g (13.07%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 28.23g (10.27%), Sugar: 1.12g (1.25%), Cholesterol: 2.25mg (0.75%), Sodium: 790.24mg (34.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Selenium: 13.98µg (19.97%), Vitamin B1: 0.3mg (19.84%), Folate: 67.5µg (16.87%), Vitamin B2: 0.24mg (14.06%), Manganese: 0.25mg (12.59%), Vitamin B3: 2.19mg (10.95%), Iron: 1.81mg (10.08%), Calcium: 95.61mg (9.56%), Phosphorus: 90.57mg (9.06%), Vitamin A: 363.36IU (7.27%), Fiber: 0.99g (3.95%), Magnesium: 11.61mg (2.9%), Copper: 0.06mg (2.76%), Vitamin B5: 0.26mg (2.57%), Vitamin B12: 0.15µg (2.54%), Zinc: 0.36mg (2.43%), Potassium: 82mg (2.34%), Vitamin E: 0.32mg (2.16%), Vitamin B6: 0.03mg (1.58%), Vitamin D: 0.17µg (1.12%)