



Pide with Yogurt Dip

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 ounce block softened
- 2.3 teaspoons yeast dry
- 1 large egg yolk lightly beaten
- 1 cup yogurt plain fat-free
- 36 ounces flour all-purpose
- 2 teaspoons optional: dill fresh chopped
- 2 cloves garlic minced

- 0.5 cup green onions minced
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon salt
- 2 teaspoons salt
- 1 teaspoon nigella seeds
- 2.3 cups warm water (100° to 110°)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- wire rack
- spatula
- measuring cup
- serrated knife

Directions

- To prepare dip, combine the first 8 ingredients, stirring with a whisk until blended and smooth. Cover and chill until ready to use.
- To prepare pide (PEE-dah), lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, salt, and yeast in a large bowl.
- Add water; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour.
- Preheat oven to 50

- Place a 13 x 15-inch baking sheet in oven; heat 10 minutes.
- Place egg yolk in a small bowl; set aside.
- Remove baking sheet from oven; lightly coat with cooking spray. Quickly turn dough out onto preheated baking sheet. Pat or roll dough to edges of pan, being careful not to touch hot pan.
- Brush dough with egg yolk; sprinkle with nigella seeds.
- Bake at 500 for 18 minutes or until golden brown.
- Remove from oven; release pide from baking sheet with a thin spatula.
- Place on a wire rack. Using a serrated knife, divide bread by making 4 lengthwise cuts and 3 crosswise cuts to form 20 equal portions.
- Serve warm or at room temperature with dip.

Nutrition Facts



Properties

Glycemic Index:10.55, Glycemic Load:28.41, Inflammation Score:-5, Nutrition Score:9.0539131501447%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 239.13kcal (11.96%), Fat: 4.8g (7.39%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 39.48g (14.36%), Sugar: 1.59g (1.77%), Cholesterol: 20.88mg (6.96%), Sodium: 339.18mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.15%), Vitamin B1: 0.45mg (30.08%), Selenium: 19.28µg (27.54%), Folate: 107.08µg (26.77%), Vitamin B2: 0.33mg (19.28%), Manganese: 0.36mg (18.23%), Vitamin B3: 3.2mg (15.98%), Iron: 2.47mg (13.72%), Phosphorus: 93.51mg (9.35%), Fiber: 1.58g (6.3%), Vitamin K: 5.64µg (5.38%), Calcium: 47.76mg (4.78%), Vitamin B5: 0.44mg (4.44%), Copper: 0.09mg (4.38%), Zinc: 0.6mg (3.98%), Magnesium: 15.76mg (3.94%), Vitamin A: 191.31IU (3.83%), Potassium: 114.42mg (3.27%), Vitamin B6: 0.05mg (2.46%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 0.97mg (1.18%), Vitamin E: 0.17mg (1.1%)