

## Pita Bread



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



185 kcal

BREAD

## Ingredients



1 teaspoon active yeast dry



1 tablespoon apple sauce



2 cups flour all-purpose



1 tablespoon olive oil



1 cup pastry flour



0.5 teaspoon salt



1 cup warm water 110 degrees F/45 degrees C



1.5 teaspoons sugar white

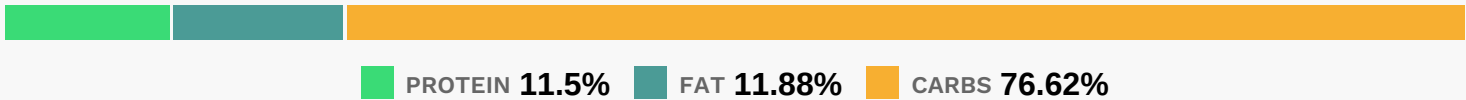
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

## Directions

- ☐ Dissolve the yeast and sugar in the warm water.
- ☐ Combine the all-purpose flour, pastry flour and salt in a bowl. Stir in the yeast mixture and applesauce and knead. Dough shouldn't be sticky, but it shouldn't be dry either. If too sticky add 1 tablespoon of all-purpose flour till you get the right consistency. If too dry, add 1 tablespoons of water at a time till you get the right consistency.
- ☐ Roll out into a rope and cut into 8 pieces. Shape each piece into a ball and roll out till it's anywhere from a 6 to 8 inch circle
- ☐ There are two ways to cook pita bread. The flavor is a bit different with both. To
- ☐ Heat olive oil in a skillet over high heat. When almost smoking, place a pita in the pan and cook for a few minutes on each side, till brown spots begin to appear. It should look something like a tortilla when you're done. Put in a plastic bag once it has cooled a bit.

## Nutrition Facts



## Properties

Glycemic Index:18.14, Glycemic Load:17.78, Inflammation Score:-4, Nutrition Score:8.6726085852994%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 185.16kcal (9.26%), Fat: 2.47g (3.79%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 33.19g (12.07%), Sugar: 1.07g (1.19%), Cholesterol: 0mg (0%), Sodium: 148.02mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Manganese: 0.83mg (41.26%), Selenium: 19.91µg

(28.44%), Vitamin B1: 0.36mg (24.26%), Folate: 72.94µg (18.24%), Vitamin B3: 2.75mg (13.73%), Vitamin B2: 0.2mg (11.49%), Iron: 2.01mg (11.19%), Fiber: 2.57g (10.3%), Phosphorus: 89.87mg (8.99%), Magnesium: 27.99mg (7%), Copper: 0.11mg (5.68%), Zinc: 0.64mg (4.29%), Vitamin B6: 0.08mg (4.06%), Vitamin B5: 0.28mg (2.81%), Potassium: 93.05mg (2.66%), Vitamin E: 0.38mg (2.54%), Vitamin K: 1.44µg (1.37%), Calcium: 10.98mg (1.1%)