



Rosemary-Scented Flatbread with Black Grapes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

BREAD

Ingredients

- ☐ 1 cup grapes black seedless divided quartered
- ☐ 2.3 teaspoons yeast dry
- ☐ 3.3 cups flour all-purpose divided
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 2.5 teaspoons olive oil divided
- ☐ 1.3 teaspoons salt divided
- ☐ 1 teaspoon sugar

- ☐ 1.3 cups warm water (100° to 110°)
- ☐ 0.5 cup cornmeal white

Equipment

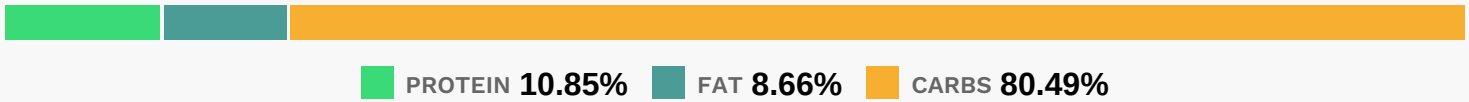
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Lightly spoon the flour into dry measuring cups, and level with a knife. Dissolve the sugar and the yeast in 1 1/4 cups warm water in a large bowl. Stir in 1 cup flour. Cover the mixture loosely with plastic wrap, and let stand 30 minutes.
- ☐ Add 2 cups flour, white cornmeal, 1 teaspoon salt, chopped rosemary, and 1 1/2 teaspoons oil to yeast mixture; stir until a soft dough forms.
- ☐ Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 teaspoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ 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 or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Punch dough down, and turn out onto a lightly floured surface. Arrange 2/3 cup grapes over dough, and knead gently 4 to 5 times or just until grapes are incorporated into the dough.
- ☐ Let rest 5 minutes.
- ☐ Press the dough into a 15 x 10-inch rectangle.
- ☐ Place on a large baking sheet coated with cooking spray.
- ☐ Brush the surface of the dough with 1 teaspoon oil. Cover and let rise 30 minutes or until doubled in size.

- ☐ Preheat oven to 47
- ☐ Uncover dough. Make indentations in top of dough using the handle of a wooden spoon or your fingertips.
- ☐ Sprinkle surface of dough with remaining 1/3 cup grapes; gently press grapes into dough.
- ☐ Sprinkle with 1/4 teaspoon salt.
- ☐ Bake at 475 for 20 minutes or until golden.
- ☐ Garnish with rosemary sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:20.09, Inflammation Score:-4, Nutrition Score:7.3917391062107%

Nutrients (% of daily need)

Calories: 171.4kcal (8.57%), Fat: 1.64g (2.52%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 31.74g (11.54%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 244.93mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Manganese: 0.67mg (33.26%), Vitamin B1: 0.35mg (23.36%), Folate: 78.13µg (19.53%), Selenium: 11.53µg (16.46%), Vitamin B3: 2.42mg (12.09%), Vitamin B2: 0.2mg (11.75%), Iron: 1.89mg (10.52%), Fiber: 2.53g (10.12%), Phosphorus: 63.57mg (6.36%), Magnesium: 19.07mg (4.77%), Copper: 0.09mg (4.67%), Vitamin B5: 0.39mg (3.92%), Zinc: 0.52mg (3.49%), Potassium: 111.31mg (3.18%), Vitamin B6: 0.06mg (3.12%), Calcium: 14.22mg (1.42%), Vitamin E: 0.16mg (1.1%)