



Savory Cornmeal-Whole Wheat Dough

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 1 large eggs lightly beaten
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.8 teaspoon garlic salt
- ☐ 0.5 cup water
- ☐ 2.3 ounces flour whole wheat
- ☐ 1 cup cornmeal yellow

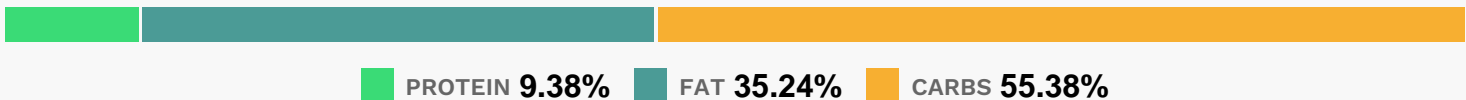
Equipment

- ☐ food processor
- ☐ knife
- ☐ plastic wrap
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine all-purpose flour, whole wheat flour, yellow cornmeal, baking powder, and garlic salt in a food processor; pulse 3 times or until combined.
- ☐ Add 1/2 cup water, butter, and egg; pulse 3 times or just until combined (do not form a ball).
- ☐ Place the dough on a lightly floured surface; knead gently 4 to 5 times. Divide the dough into 12 equal portions.
- ☐ Roll each dough portion into a 5 1/2-inch circle on a lightly floured surface. Stack the dough circles between single layers of wax paper or plastic wrap to prevent sticking; chill the dough until ready to use.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:11.72, Inflammation Score:-3, Nutrition Score:5.1204348076945%

Nutrients (% of daily need)

Calories: 155.61kcal (7.78%), Fat: 6.14g (9.45%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 19.62g (7.14%), Sugar: 0.28g (0.31%), Cholesterol: 28.04mg (9.35%), Sodium: 225.44mg (9.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Manganese: 0.38mg (18.76%), Selenium: 9.02µg (12.89%), Vitamin B1: 0.15mg (10.12%), Fiber: 2.1g (8.41%), Phosphorus: 77.22mg (7.72%), Folate: 28.43µg (7.11%), Iron: 1.19mg (6.63%), Magnesium: 24.61mg (6.15%), Vitamin B3: 1.22mg (6.12%), Vitamin B6: 0.11mg (5.59%), Vitamin B2: 0.09mg (5.57%), Zinc: 0.68mg (4.56%), Copper: 0.07mg (3.69%), Vitamin A: 168.75IU (3.38%), Calcium: 27.9mg (2.79%), Potassium: 80.58mg (2.3%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.27mg (1.81%)