



Simit (Turkish Circular Bread)

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



429 kcal

BREAD

Ingredients

- 400 g flour
- 1.3 tsp yeast dry instant
- 40 g blackstrap molasses
- 8 servings olive oil
- 1 tsp salt
- 150 g sesame seed hulled
- 1 tablespoon water

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk

Directions

- In a medium bowl combine the dry ingredients.
- Make a well in the center and pour the olive oil and lukewarm water into the well.
- Knead the dough with your hands for 5–10 minutes.
- Divide the dough into 16 equal pieces.
- Take two pieces and stretch the dough into thin strips (about 30–35 cm long).
- Cover the rest of the dough to prevent it from drying out.
- Place 2 strips side-by-side, pinch the ends. Twist them together and pinch to join the ends.
- Place the rings on baking sheets lined with parchment paper.
- Let the dough sit in a warm place for 20–30 minutes.1
- Preheat the oven to 200C.1
- Pour the sesame seeds into the pan and turn the fire on medium heat.1
- Stir the seeds every 4–5 minutes until golden. Set aside.1
- Pour molasses and boiling water into a bowl big enough to fit your rings.1
- Whisk to dissolve the molasses completely.1
- Put the sesame seeds in another bowl.1
- Dip both sides of the rings in the liquid, drain excess moisture, then coat both sides in the sesame seeds.1
- Transfer them to the baking sheets.1
- Bake in preheated oven for about 17 minutes.

Nutrition Facts



■ PROTEIN 7.99% ■ FAT 49.29% ■ CARBS 42.72%

Properties

Glycemic Index:19.25, Glycemic Load:30.01, Inflammation Score:-6, Nutrition Score:16.991739130435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 429.38kcal (21.47%), Fat: 23.85g (36.69%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 42.8g (15.56%), Sugar: 3.93g (4.36%), Cholesterol: 0mg (0%), Sodium: 296.24mg (12.88%), Protein: 8.7g (17.4%), Manganese: 0.88mg (44.06%), Copper: 0.86mg (43.23%), Vitamin B1: 0.6mg (39.99%), Selenium: 24.33µg (34.76%), Folate: 121.82µg (30.46%), Iron: 5.38mg (29.87%), Magnesium: 89.22mg (22.3%), Vitamin B3: 4.05mg (20.27%), Calcium: 201.09mg (20.11%), Vitamin B2: 0.31mg (18.48%), Phosphorus: 176.79mg (17.68%), Fiber: 3.7g (14.81%), Vitamin E: 2.09mg (13.95%), Zinc: 1.86mg (12.4%), Vitamin B6: 0.21mg (10.57%), Vitamin K: 8.58µg (8.17%), Potassium: 219.4mg (6.27%), Vitamin B5: 0.34mg (3.39%)