



Teff Injera Bread with Carrot-Ginger Chutney

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



175 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1 tablespoon butter
- ☐ 4 cardamom pods
- ☐ 4 cups carrots cubed peeled () (4 medium)
- ☐ 2.5 cups club soda
- ☐ 1 cup flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 6 julienne-cut strips ginger fresh peeled

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.8 cup shallots finely chopped (3 large)
- ☐ 2 tablespoons sugar
- ☐ 2 thyme sprigs
- ☐ 2 cups vegetable broth organic (such as Emeril's)
- ☐ 2 cups teff whole-grain flour

Equipment

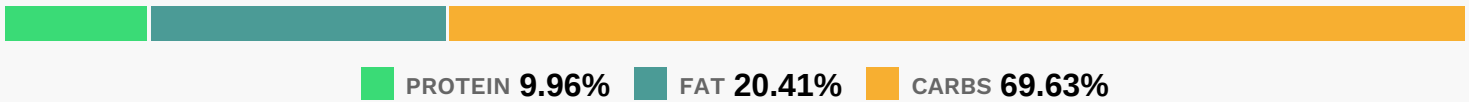
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ To prepare chutney, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add carrot, shallots, garlic, and ginger to pan. Reduce heat to low, and cook 10 minutes, stirring occasionally.
- ☐ Add sugar, honey, butter, cardamom, and thyme; cook 1 minute, stirring constantly. Stir in broth; bring to a boil. Reduce heat, and simmer 45 minutes or until carrot is tender and liquid almost evaporates. Discard thyme sprigs and ginger. Stir in 1/2 teaspoon salt; cool.
- ☐ To prepare injera, weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking soda, and 1 teaspoon salt in a large bowl; stir with a whisk.
- ☐ Combine club soda and yogurt in a small bowl, stirring with a whisk until smooth.

- ☐
- Add the yogurt mixture to the flour mixture; stir with a whisk until smooth.
- ☐
- Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐
- Pour about 1/3 cup batter per flatbread onto pan in a spiral, starting at the center; cook 20 seconds. Cover the pan; cook an additional 40 seconds or just until set.
- ☐
- Transfer to a plate, and cover with a cloth to keep warm. Repeat procedure with remaining cooking spray and batter, wiping the pan dry with a paper towel between flatbreads.
- ☐
- Serve flatbreads with chutney.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:9.57, Inflammation Score:-10, Nutrition Score:9.8400000346744%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 175.22kcal (8.76%), Fat: 4.05g (6.24%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 26.96g (9.8%), Sugar: 7.89g (8.76%), Cholesterol: 3.86mg (1.29%), Sodium: 552.55mg (24.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin A: 6226.48IU (124.53%), Manganese: 0.34mg (16.9%), Fiber: 4.15g (16.62%), Iron: 2.15mg (11.93%), Vitamin B1: 0.11mg (7.29%), Folate: 29.03µg (7.26%), Calcium: 68.93mg (6.89%), Potassium: 215.16mg (6.15%), Vitamin B6: 0.12mg (6.02%), Vitamin K: 6.27µg (5.97%), Vitamin B2: 0.09mg (5.41%), Selenium: 3.69µg (5.28%), Vitamin C: 4.02mg (4.87%), Vitamin B3: 0.96mg (4.82%), Phosphorus: 46.38mg (4.64%), Vitamin E: 0.58mg (3.86%), Magnesium: 14.14mg (3.53%), Copper: 0.06mg (2.9%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.24mg (2.42%)