



Traditional Pita Breads

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



12

CALORIES



40 kcal

Ingredients

- 1 package active yeast dry
- 1.5 teaspoons salt
- 0.3 cup vegetable shortening
- 1.3 cups warm water (100 to 110 degrees F/40 to 45 degrees C)

Equipment

- baking sheet
- oven
- mixing bowl
- kitchen towels

spatula

Directions

- Sprinkle yeast over warm water in a mixing bowl and allow to stand until the yeast forms a creamy foam, about 5 minutes.
- Mix in 2 cups of flour, salt, and shortening; beat for 2 minutes with a fork. Stir in as much of the remaining 1 1/2 cup flour as needed.
- Turn dough out onto a floured surface and knead until smooth and elastic, kneading in more flour if dough is sticky. Form into a ball, cover with a kitchen towel, and let rest in a warm area for 15 minutes.
- Preheat oven to 500 degrees F (260 degrees C).
- Divide dough into 12 equal portions; flour your hands and roll each piece into a ball. Cover dough balls with a kitchen towel and let rest for 10 minutes. Flatten the balls into rounds on a floured surface, cover with kitchen towel, and let rest 10 more minutes. Gently roll each dough ball into a circle about 6 inches in diameter on a floured surface.
- Place pita breads in a single layer on ungreased baking sheets.
- Bake in preheated oven until the pita breads puff up, 3 to 4 minutes. Flip breads over with a spatula, return to oven, and bake 2 more minutes.
- Let cool on wire racks before cutting pita breads in half and gently separating tops and bottoms to form pockets for filling.

Nutrition Facts

  **PROTEIN 2.31%**  **FAT 95.33%**  **CARBS 2.36%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.78739130861409%

Nutrients (% of daily need)

Calories: 39.65kcal (1.98%), Fat: 4.32g (6.64%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 292.39mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin B1: 0.06mg (4.33%), Folate: 13.65µg (3.41%), Vitamin K: 2.27µg (2.17%), Vitamin E: 0.26mg (1.75%), Vitamin B2: 0.02mg (1.37%), Vitamin B3: 0.23mg (1.17%), Vitamin B5: 0.11mg (1.08%)