



Turkish Pogaca

 Vegetarian

READY IN



100 min.

SERVINGS



30

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 600 g flour
- 300 ml skim milk
- 10 g sugar
- 0.3 ounce yeast
- 175 ml vegetable oil
- 1 eggs
- 1 egg yolk
- 1 teaspoon salt

- 1 tablespoon poppy seeds
- 1 cup feta cheese
- 1 cup parsley

Equipment

- oven

Directions

- Mix everything together except the egg yolk.
- Wait for 1 hour for batter to double.
- Make small rounds as big as half of your palm.
- Press it with your fingers to make it as big as your palm.
- Mix feta cheese and parsley.
- Put the mixture into these small rounds and close it and round it again.
- Place it on the oiled oven sheet.
- Brush all the batch with the egg yolk.
- Place it in the preheated oven for 30–40 minutes in 350°F.
- Put poppyseed on the batch as desired.

Nutrition Facts



PROTEIN 9.98% **FAT 44.14%** **CARBS 45.88%**

Properties

Glycemic Index:8.08, Glycemic Load:11.52, Inflammation Score:-3, Nutrition Score:6.6756521515224%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.46kcal (7.27%), Fat: 7.11g (10.94%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 15.91g (5.78%), Sugar: 0.94g (1.05%), Cholesterol: 16.7mg (5.57%), Sodium: 142.85mg (6.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin K: 42.84µg (40.8%), Vitamin B1: 0.2mg (13.49%), Selenium: 8.59µg (12.27%), Folate: 48.79µg (12.2%), Vitamin B2: 0.18mg (10.37%), Manganese: 0.16mg (8.16%), Vitamin B3: 1.37mg (6.84%), Iron: 1.16mg (6.46%), Phosphorus: 60.05mg (6%), Calcium: 50.11mg (5.01%), Vitamin A: 227.28IU (4.55%), Vitamin E: 0.51mg (3.41%), Vitamin C: 2.66mg (3.23%), Fiber: 0.73g (2.91%), Zinc: 0.43mg (2.85%), Vitamin B12: 0.17µg (2.82%), Vitamin B5: 0.25mg (2.54%), Vitamin B6: 0.05mg (2.33%), Magnesium: 8.97mg (2.24%), Copper: 0.04mg (2.05%), Potassium: 59.99mg (1.71%), Vitamin D: 0.2µg (1.3%)