



Whole Wheat Molasses Flat Bread

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



450 kcal

BREAD

Ingredients

- 1.3 teaspoons double-acting baking powder
- 1 cup flour all-purpose
- 3 tablespoons honey
- 3 tablespoons blackstrap molasses
- 1.3 teaspoons salt
- 4 teaspoons vegetable oil
- 0.9 cup water boiling
- 2 cups flour whole wheat

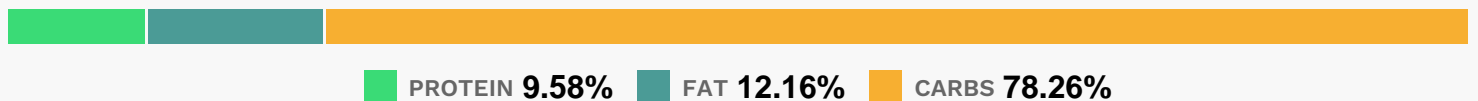
Equipment

- bowl
- baking sheet
- oven
- knife
- whisk

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- Whisk the whole wheat flour, all-purpose flour, baking powder, and salt together in a bowl.
- Mix vegetable oil, boiling water, honey, and molasses into the flour mixture, and stir until thoroughly combined. Turn the dough out onto a well-floured work surface, and knead a few times to be sure the dough is completely mixed. Divide the dough into quarters, and roll each quarter into a ball. Press each dough ball into a circle about 1/4-inch thick, and place on prepared baking sheet. If desired, use a kitchen knife to lightly score the breads with 2 criss-cross lines to break the breads apart later.
- Bake in the preheated oven until browned, about 15 minutes. If desired, brush the breads with melted butter after removing from oven.

Nutrition Facts



Properties

Glycemic Index:65.82, Glycemic Load:29.27, Inflammation Score:-6, Nutrition Score:20.934782690004%

Nutrients (% of daily need)

Calories: 449.57kcal (22.48%), Fat: 6.32g (9.73%), Saturated Fat: 1g (6.22%), Carbohydrates: 91.56g (30.52%), Net Carbohydrates: 84.26g (30.64%), Sugar: 24.47g (27.18%), Cholesterol: 0mg (0%), Sodium: 869.81mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Manganese: 2.9mg (144.87%), Selenium: 50.47µg (72.11%), Vitamin B1: 0.55mg (36.84%), Magnesium: 126.56mg (31.64%), Fiber: 7.3g (29.19%), Phosphorus: 280.62mg (28.06%), Iron: 4.53mg (25.16%), Vitamin B3: 4.98mg (24.89%), Folate: 83.9µg (20.98%), Copper: 0.38mg (18.93%), Vitamin B6: 0.36mg (18.11%), Vitamin B2: 0.26mg (15.27%), Potassium: 478.83mg (13.68%), Calcium: 132.24mg

(13.22%), Zinc: 1.86mg (12.43%), Vitamin K: 9.51µg (9.06%), Vitamin B5: 0.63mg (6.3%), Vitamin E: 0.81mg (5.42%)