



HEALTH SCORE

100%

## Zaatar Flatbreads



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



2516 kcal

BREAD

### Ingredients

- ☐ 1 package active yeast dry
- ☐ 3 cups flour all-purpose
- ☐ 4.5 tablespoons olive oil divided plus more for dunking
- ☐ 1.5 teaspoons salt
- ☐ 1 cup flour whole-wheat
- ☐ 0.3 cup za'atar plus more for dunking

### Equipment

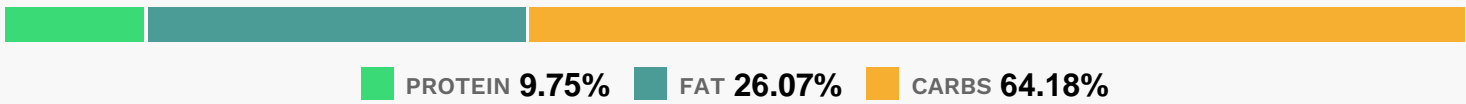
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

## Directions

- ☐ Sprinkle yeast into the bowl of a stand mixer and pour 1 1/2 cups warm (11
- ☐ water on top.
- ☐ Let stand until yeast is softened, about 5 minutes.
- ☐ Add 3 tbsp. oil, the whole-wheat flour, 2 3/4 cups all-purpose flour, and the salt.
- ☐ Mix with a dough hook to blend, then beat on medium speed, gradually adding about 1/4 cup more all-purpose flour until dough is smooth, stretchy, and only slightly tacky, 10 to 12 minutes.
- ☐ Let rise, covered, in a warm place until double, about 45 minutes. Meanwhile, preheat oven to 500 and set 2 large baking sheets in oven to heat.
- ☐ Punch dough down, then divide in half, shape each into a smooth ball, and dust with flour.
- ☐ Roll out each ball onto a 12- by 14-in. sheet of baking parchment into a 12-in.-long oval. Prick dough with a fork at about 2-in. intervals.
- ☐ Brush dough with remaining 1 1/2 tbsp. oil, then sprinkle with 1/4 cup zaatar. Carefully lift parchment with dough to hot baking sheets.
- ☐ Bake until breads are golden brown, 10 to 12 minutes, switching pan positions halfway through baking. Slide breads from parchment onto cooling racks.
- ☐ Serve breads warm or cool, with a bowl of olive oil seasoned generously with zaatar for dunking.

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:207.03, Inflammation Score:-10, Nutrition Score:71.530869777436%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 2515.92kcal (125.8%), Fat: 74.6g (114.77%), Saturated Fat: 11.48g (71.72%), Carbohydrates: 413.23g (137.74%), Net Carbohydrates: 366.5g (133.27%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 3535.48mg (153.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.81g (125.61%), Vitamin K: 1055.43µg (1005.18%), Manganese: 12.12mg (606.09%), Iron: 95.36mg (529.78%), Vitamin B1: 4.62mg (307.97%), Selenium: 204.57µg (292.24%), Folate: 1064.91µg (266.23%), Fiber: 46.73g (186.93%), Vitamin B3: 33.82mg (169.12%), Vitamin B2: 2.57mg (150.97%), Calcium: 1219.82mg (121.98%), Phosphorus: 996.88mg (99.69%), Vitamin E: 14.57mg (97.15%), Magnesium: 380.89mg (95.22%), Copper: 1.57mg (78.69%), Zinc: 9.97mg (66.43%), Vitamin B6: 1.08mg (54.19%), Vitamin A: 2258.39IU (45.17%), Potassium: 1386.51mg (39.61%), Vitamin C: 29.59mg (35.87%), Vitamin B5: 3.31mg (33.11%)