

# Flat Bread

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-flat-bread-recipe>

## Ingredients:

- 1 cup water warm, 105-115 F
- 1 tablespoon active dry yeast
- 1 teaspoon sugar
- 2 1/2 cups all-purpose flour
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt divided

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 62 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 1200 milligrams
8. Sugar: 1 grams

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