

Middle Eastern Pita Bread

Yield: 11 min
Total Time: 216 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-east-pita-bread-recipe>

Ingredients:

- 1/4 ounce yeast or quick-rising yeast
- 1/2 cup warm water
- 1 teaspoon granulated sugar
- 3 cups all purpose flour
- 1 1/4 teaspoons salt
- 1 cup water lukewarm

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 27 grams
3. Fiber: 1 grams
4. Protein: 4 grams
5. Sodium: 270 milligrams

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