

# The Flatbread of the Middle East

Yield: 6 min  
Total Time: 75 min

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

## Ingredients:

- 3 cups bread flour or all-purpose, I prefer to use King Arthur Flour, but you can use whatever you like, you will also need extra flour...
- 3 tablespoons extra virgin olive oil
- 2 teaspoons instant yeast
- 2 teaspoons kosher salt or sea salt
- 1/2 teaspoon sugar
- 1 cup water plus a little more as needed

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 51 grams
3. Fat: 8 grams
4. Fiber: 1 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 800 milligrams

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