

Nigella Flatbreads

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/nigella-italian-yogurt-cake-recipe>

Ingredients:

- 3 2/3 cups bread flour strong wheat
- 9/16 tablespoon active dry yeast 1 sachet
- 2 teaspoons salt
- 2 tablespoons yogurt
- 2 teaspoons olive oil plus more for greasing
- 1 large egg
- 1 teaspoon water
- 1 teaspoon yogurt
- 1 tablespoon nigella seeds

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 35 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 800 milligrams
9. Sugar: 1 grams

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