

Turkish bagel; Simit

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/simit-recipe-turkish-without-molasses-youtube>

Ingredients:

- 2 1/2 cups whole wheat flour
- 2/3 cup warm water water, or milk
- 1 instant yeast tsp, 5 g
- 2 oil tbsp, 30 g
- 2 sugar
- 1 salt

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 56 grams
3. Fat: 8 grams
4. Fiber: 9 grams
5. Protein: 11 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams
8. Sugar: 1 grams

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