

# Sourdough Discard Flatbread

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/sourdough-discard-recipes>

## Ingredients:

- 2 cups all purpose flour
- 1 teaspoon kosher salt
- 1 teaspoon baking powder
- 1 cup sourdough discard
- 1/2 cup milk
- 1 tablespoon olive oil plus extra for cooking

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 560 milligrams
9. Sugar: 1 grams

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