

Durum Cardamom Bread

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-chicken-wrap-recipe>

Ingredients:

- 3 2/3 cups bread flour medium protein level
- 4 cups flour durum
- 2 1/4 cups water room temperature
- 6 3/8 cups sourdough to discard - not fed
- 1 2/3 tablespoons fresh yeast
- 1 tablespoon salt
- 1 1/2 tablespoons olive oil
- 2 teaspoons sugar cane
- 2 teaspoons cardamom powder
- 1 teaspoon fresh lemon juice

Nutrition:

1. Calories: 1200 calories
2. Carbohydrate: 235 grams
3. Fat: 11 grams
4. Fiber: 10 grams
5. Protein: 38 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 2380 milligrams
8. Sugar: 2 grams

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