

# SIMIT - TURKISH SESAME BREAD

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-sweet-ring-recipe>

## Ingredients:

- 4 cups Italian 00 flour or unbleached pastry flour
- 1 teaspoon instant yeast
- 2/3 cup water lukewarm
- 2/3 cup yogurt lukewarm
- 1 1/8 teaspoons salt
- 1 3/8 tablespoons olive oil optional - I used it
- 1 egg white mixed with 1 tbsp. water, for brushing
- sesame seeds for sprinkling

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 710 milligrams
9. Sugar: 2 grams

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