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## Wheat Pita Bread ♦

Wheat pita bread is a traditional Middle Eastern bread made from whole wheat flour. It is commonly used to make sandwiches and wraps. The bread is soft and chewy, with a slightly nutty flavor. It can be enjoyed on its own or filled with various ingredients such as falafel, hummus, and vegetables.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 10 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>400 g</b>	Whole Wheat Flour
<b>250 ml</b>	Water
<b>7 g</b>	yeast
<b>5 g</b>	salt
<b>15 ml</b>	olive oil

# Directions

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## Step 1

In a large mixing bowl, combine the whole wheat flour, yeast, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Gradually add water and olive oil to the dry ingredients. Mix until a dough forms.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 3

Kneading

Knead the dough on a floured surface for about 5 minutes, until it becomes smooth and elastic.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Resting

Place the dough in a greased bowl, cover with a damp cloth, and let it rise for 1 hour, or until it doubles in size.

**Prep Time:** 60 mins

**Cook Time:** 0 mins

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## Step 5

Preheating

Preheat the oven to 230°C (450°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Rolling

Divide the dough into 10 equal-sized balls. Roll each ball into a flat circle, about 0.5 cm (0.2 inches) thick.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 7

Baking

Place the rolled dough circles on a baking sheet and bake for 5-7 minutes, or until they puff up and turn golden brown.

**Prep Time:** 5 mins

**Cook Time:** 7 mins

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## Step 8

Cooling

Remove the pita bread from the oven and let them cool on a wire rack.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 2 g

**Protein:** 5 g

**Carbohydrates:** 30 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Italian

Middle Eastern

### Course

Salads

Breads

Main Dishes

Side Dishes

Snacks

Desserts

Soups

Sauces & Dressings

### Healthy For

Hepatitis

Gastroesophageal reflux disease (GERD)

Liver disease

Diverticulitis

### Kitchen Tools

Stove

Blender

### Nutritional Content

Low Sodium

Low Calorie

High Fiber

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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