



Argentine Black Bean Flatbread with Chimichurri Drizzle

READY IN



45 min.

SERVINGS



16

CALORIES



151 kcal

BREAD

Ingredients

- 1.5 cups black bean garlic sauce
- 1 tablespoon cornmeal
- 1 tablespoon yeast dry
- 13.5 ounces flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 2 teaspoons garlic minced
- 1 tablespoon juice of lemon fresh

- 2 tablespoons olive oil
- 2 ounces parmesan fresh finely grated
- 1 bell pepper red
- 1 teaspoon salt
- 0.1 teaspoon sugar
- 1 cup water divided (100° to 110°)

Equipment

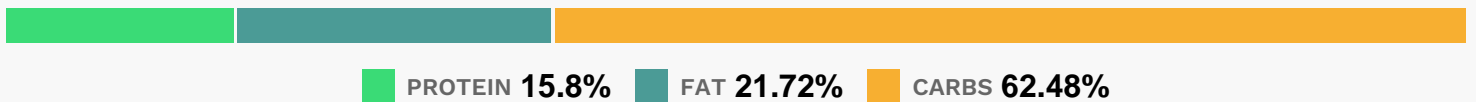
- bowl
- baking sheet
- oven
- knife
- aluminum foil
- broiler
- ziploc bags
- measuring cup

Directions

- Preheat broiler.
- Cut bell pepper in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel and cut into 16 strips. Set aside.
- Reduce oven temperature to 45
- Sprinkle cornmeal over a baking sheet coated with cooking spray. Set aside.
- Dissolve yeast and sugar in 1/2 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.

- Add remaining 1/2 cup water, flour, and salt to yeast mixture, stirring until dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Roll dough into a 14 x 11-inch rectangle; place dough on prepared baking sheet.
- Spread 1 1/2 cups Black Bean
- Spread over dough.
- Sprinkle with cheese.
- Bake at 450 for 13 minutes or until crust browns and cheese is bubbly.
- Let cool 10 minutes.
- Combine parsley and the remaining ingredients in a small bowl.
- Drizzle parsley mixture over cheese.
- Cut bread into 16 squares; garnish each square with 1 bell pepper strip.
- Spread.

Nutrition Facts



Properties

Glycemic Index:22.91, Glycemic Load:13.67, Inflammation Score:-4, Nutrition Score:6.5756522180594%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 151.37kcal (7.57%), Fat: 3.63g (5.58%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 21.22g (7.72%), Sugar: 3.02g (3.35%), Cholesterol: 2.41mg (0.8%), Sodium: 205.19mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Vitamin K: 17.71µg (16.87%), Vitamin B1: 0.22mg

(14.97%), Folate: 55.28µg (13.82%), Vitamin C: 11.31mg (13.72%), Selenium: 9.03µg (12.9%), Iron: 1.73mg (9.63%), Manganese: 0.19mg (9.31%), Fiber: 2.24g (8.97%), Vitamin B2: 0.15mg (8.75%), Vitamin B3: 1.63mg (8.15%), Vitamin A: 356.48IU (7.13%), Phosphorus: 56.67mg (5.67%), Calcium: 48.93mg (4.89%), Vitamin E: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.46%), Magnesium: 9.35mg (2.34%), Zinc: 0.34mg (2.27%), Copper: 0.05mg (2.26%), Vitamin B5: 0.19mg (1.91%), Potassium: 57.96mg (1.66%)