



## Black Pepper-Garlic Flatbread

 Dairy Free

READY IN



19 min.

SERVINGS



6

CALORIES



165 kcal

### Ingredients

- 2 garlic cloves minced
- 1.5 teaspoons coarsely ground pepper black
- 0.3 teaspoon kosher salt
- 1 tablespoon oregano fresh minced
- 13.8 ounce pizza crust dough refrigerated canned

### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 400
- Combine first 4 ingredients in a small bowl. Unroll dough onto a baking sheet coated with cooking spray; form into a 12 x 9 inch rectangle. Lightly coat top of dough with cooking spray; sprinkle evenly with garlic mixture.
- Bake at 400 for 15 minutes or until golden. Cool flatbread; cut into 6 slices.

## Nutrition Facts



## Properties

Glycemic Index:11.17, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:1.6973913175904%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 165.35kcal (8.27%), Fat: 2.08g (3.2%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 30.85g (11.22%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 568.8mg (24.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Iron: 2.13mg (11.85%), Manganese: 0.12mg (6.12%), Fiber: 1.48g (5.92%), Vitamin K: 6.02µg (5.73%), Calcium: 17.39mg (1.74%), Vitamin B6: 0.02mg (1.13%), Vitamin E: 0.16mg (1.05%)