

food
network



HEALTH SCORE

56%

Buckwheat Flatbread with Spicy Hummus and Vegetables

READY IN



145 min.

SERVINGS



12

CALORIES



672 kcal

Ingredients

- ☐ 12 servings ancho powder
- ☐ 12 servings basil chiffonade
- ☐ 8 ounces bread flour
- ☐ 0.8 cup buckwheat flour
- ☐ 12 servings cheese platter with an assortment of cheeses and crackers
- ☐ 3 cups chickpeas drained and rinsed canned cooked
- ☐ 1 tablespoon chipotle puree
- ☐ 12 servings eggplant thinly sliced
- ☐ 0.5 ounce yeast fresh

- ☐ 0.5 pound goat cheese crumbled
- ☐ 1.5 teaspoons granulated sugar
- ☐ 12 servings blanched green beans
- ☐ 2 tablespoons juice of lemon
- ☐ 12 servings spiced nuts
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 12 servings marinated olives
- ☐ 12 servings niçoise olives chopped
- ☐ 12 servings bell peppers red cut into strips
- ☐ 12 servings onions red sliced
- ☐ 6 cloves roasted garlic
- ☐ 1 teaspoon salt
- ☐ 12 servings salt and pepper
- ☐ 12 servings salt and pepper freshly ground
- ☐ 12 servings scallions sliced
- ☐ 2 tablespoons tahini
- ☐ 1.3 cups water at room temperature
- ☐ 12 servings crudite
- ☐ 12 servings crudite

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

- ☐ grill
- ☐ pizza stone

Directions

- ☐ For the flatbread: In an electric mixer fitted with a paddle attachment, combine the yeast, sugar, and water.
- ☐ Mix for 1 minute on low speed and let sit until the mixture just begins to bubble. Attach the dough hook and add the flours and salt to the yeast mixture.
- ☐ Mix until it forms a mass, the dough should be sticky. Continue to add additional flour, if necessary, until the surface is dry enough to handle and dry enough to roll.
- ☐ Divide the dough into pieces, roll into balls and lightly brush with oil.
- ☐ Place on a floured surface and cover the balls with plastic wrap and a clean cloth and let proof for 2 hours at room temperature or place on a lightly greased baking sheet, cover and let proof overnight in the refrigerator.
- ☐ To form flatbread, pat each piece of dough out into a 5-inch disk and sprinkle liberally with flour.
- ☐ Roll each disk on a floured surface into a 10-inch diameter circle.
- ☐ Puncture the dough liberally with a fork to keep it from rising. Grill or bake each on a pizza stone or a lightly greased sheet pan for about 5 minutes at 425 degrees F. until dough starts to get crisp on the edges but still remains chewy.
- ☐ Place chickpeas, garlic, chipotle puree, lemon juice, and tahini in the bowl of a food processor and process until smooth. With the machine running, slowly add the olive oil until emulsified. Season with salt and pepper.
- ☐ Preheat oven to 450 degrees F.
- ☐ Top each pre-baked flatbread with the spicy hummus. Arrange any or all of the veggies on top of the hummus. Season with salt, pepper, and ancho powder.
- ☐ Place the bread back in the oven and bake for 5 minutes to heat through.
- ☐ Remove and add olives, goat cheese, and fresh basil.
- ☐ Cut into small squares and place on a platter.

Nutrition Facts



Properties

Glycemic Index:40.54, Glycemic Load:15.27, Inflammation Score:-10, Nutrition Score:36.982608701872%

Flavonoids

Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 672.29kcal (33.61%), Fat: 43.5g (66.92%), Saturated Fat: 12.49g (78.06%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 39.51g (14.37%), Sugar: 8.65g (9.61%), Cholesterol: 38.69mg (12.9%), Sodium: 1521.82mg (66.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Vitamin C: 105.86mg (128.32%), Vitamin A: 4141.67IU (82.83%), Manganese: 1.63mg (81.45%), Vitamin K: 56.53µg (53.84%), Fiber: 12.7g (50.78%), Phosphorus: 506.72mg (50.67%), Copper: 0.93mg (46.65%), Folate: 176.43µg (44.11%), Magnesium: 158.28mg (39.57%), Calcium: 354.46mg (35.45%), Vitamin B6: 0.65mg (32.52%), Vitamin E: 4.84mg (32.29%), Selenium: 20.86µg (29.81%), Vitamin B2: 0.48mg (28.42%), Iron: 5mg (27.76%), Zinc: 4.16mg (27.71%), Vitamin B1: 0.34mg (23%), Potassium: 771.19mg (22.03%), Vitamin B3: 4.19mg (20.94%), Vitamin B5: 1.32mg (13.17%), Vitamin B12: 0.35µg (5.9%), Vitamin D: 0.26µg (1.7%)