



Caramelized-Onion Flatbreads with Crème Fraîche

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

Ingredients

- 0.8 teaspoon yeast dry
- 0.8 cup flour
- 1 tablespoon butter room temperature
- 0.5 cup crème fraîche
- 1 large eggs
- 2 tablespoons chives fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 0.3 teaspoon pepper black

- 1 teaspoon honey
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 pound onion cut into 1/3-inch-thick wedges through root ends (2 medium)
- 0.5 teaspoon salt
- 0.8 teaspoon nigella seeds (kalonji)
- 6 servings semolina flour (pasta flour)
- 1 tablespoon sherry vinegar
- 0.3 cup water (105°F to 115°F)

Equipment

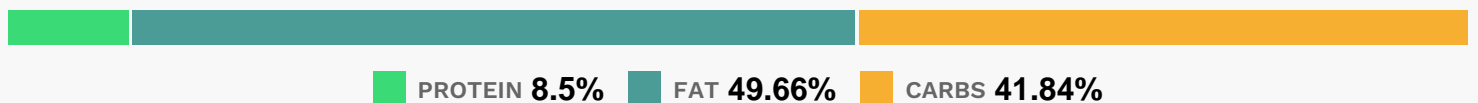
- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- wooden spoon

Directions

- Whisk 1/4 cup plus 1 tablespoon warm water and yeast in small bowl; let stand until yeast is dissolved, about 10 minutes.
- Mix flour, nigella seeds, and salt in medium bowl.
- Add yeast mixture and stir with wooden spoon until mixture clumps together.
- Add butter; mix until incorporated. Turn dough out onto lightly floured work surface and knead until smooth and elastic, about 5 minutes. Divide dough into 6 equal pieces; roll each into ball.
- Place on baking sheet; cover with plastic wrap. (Can be prepared 1 day ahead. Keep covered and refrigerate.)
- Heat oil in large nonstick skillet over medium-high heat.

- Add onion wedges to skillet and cook without turning until beginning to brown, about 7 minutes. Carefully turn onions over; reduce heat to medium and continue to cook until onions are tender and brown, occasionally stirring gently, about 10 minutes.
- Add thyme and honey; cook 1 minute. Stir in vinegar. Season to taste with salt and pepper.
- Remove skillet from heat. Cool. (Can be prepared 1 day ahead. Cover and refrigerate.)
- Let dough rise in warm draft-free area until doubled, about 1 hour.
- Whisk crème fraîche and egg in small bowl to blend. Stir in 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Preheat oven to 450°F.
- Sprinkle 2 rimmed baking sheets lightly with semolina flour.
- Roll out each dough ball to 5-inch round.
- Transfer 3 rounds to each prepared baking sheet.
- Let rest 10 minutes. Pierce dough rounds all over with fork.
- Spread 1 generous tablespoon crème fraîche mixture over each dough round, leaving 1/4-inch plain border. Arrange onions evenly atop each; drizzle lightly with crème fraîche mixture (mixture may spill over edges of dough).
- Bake flatbreads until crusts are puffed and golden, about 12 minutes.
- Transfer to plates; sprinkle with chives.
- *Available at some supermarkets, and at specialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:63.38, Glycemic Load:11.11, Inflammation Score:-8, Nutrition Score:6.8808695907178%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg

Nutrients (% of daily need)

Calories: 208.73kcal (10.44%), Fat: 11.66g (17.94%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 20.06g (7.29%), Sugar: 4.92g (5.47%), Cholesterol: 47.33mg (15.77%), Sodium: 231.05mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Folate: 60.41µg (15.1%), Vitamin B1: 0.22mg (14.45%), Selenium: 9.91µg (14.16%), Manganese: 0.24mg (12.22%), Vitamin B2: 0.19mg (11.46%), Vitamin C: 7.43mg (9.01%), Fiber: 2.05g (8.21%), Phosphorus: 75.93mg (7.59%), Iron: 1.28mg (7.11%), Vitamin B6: 0.13mg (6.54%), Vitamin B3: 1.27mg (6.36%), Vitamin E: 0.92mg (6.11%), Vitamin A: 299.89IU (6%), Vitamin K: 5.9µg (5.62%), Potassium: 178.48mg (5.1%), Calcium: 49.27mg (4.93%), Vitamin B5: 0.42mg (4.22%), Magnesium: 16.5mg (4.12%), Copper: 0.07mg (3.69%), Zinc: 0.48mg (3.17%), Vitamin B12: 0.12µg (1.98%), Vitamin D: 0.17µg (1.11%)