



Cheesy Zucchini and Red Onion Flatbread

READY IN



40 min.

SERVINGS



6

CALORIES



399 kcal

Ingredients

- ☐ 0.8 cup alouette garlic & herbs spreadable cheese divided (such as Alouette)
- ☐ 6 servings olive oil
- ☐ 0.8 cup parmesan cheese divided finely grated
- ☐ 3 tablespoons parsley fresh italian divided chopped
- ☐ 1 small onion red
- ☐ 10 ounce pizza dough refrigerated
- ☐ 7 inch zucchini green yellow divided (or)

Equipment

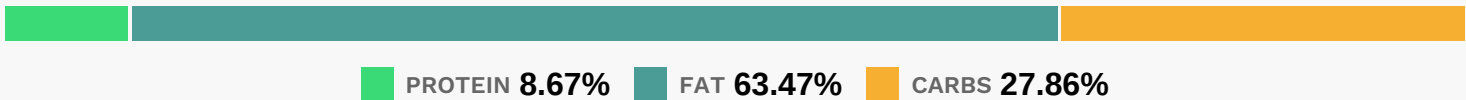
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Line baking sheet with parchment paper; spray with nonstick spray. Unroll dough onto parchment.
- ☐ Spread half of herb cheese over 1 long half of dough, leaving 1/2-inch plain border.
- ☐ Sprinkle with half of Parmesan and 2 tablespoons parsley. Using parchment as aid, fold plain half of dough over filled half (do not seal edges).
- ☐ Spread remaining herb cheese over top; sprinkle with remaining Parmesan.
- ☐ Remove enough outer layers of onion to yield 2-inch-diameter core; cut into 1/8-inch-thick rounds. Arrange 1 row of zucchini down 1 long side of dough. Arrange onion rounds in row alongside zucchini. Arrange 1 more row of zucchini alongside onion.
- ☐ Brush vegetables with oil; sprinkle with salt and pepper.
- ☐ Bake bread until puffed and deep brown at edges, about 24 minutes.
- ☐ Sprinkle with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:5.5773913160614%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 399.43kcal (19.97%), Fat: 28.83g (44.36%), Saturated Fat: 9.77g (61.09%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 27.36g (9.95%), Sugar: 3.81g (4.23%), Cholesterol: 41.58mg (13.86%), Sodium: 716.27mg (31.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.73%), Vitamin K: 41.64µg (39.66%),

Vitamin E: 2.1mg (14.01%), Calcium: 118.09mg (11.81%), Iron: 1.58mg (8.8%), Phosphorus: 86.85mg (8.69%), Selenium: 4.47µg (6.39%), Vitamin A: 282.9IU (5.66%), Vitamin C: 4.55mg (5.51%), Fiber: 1.12g (4.46%), Zinc: 0.6mg (4.02%), Vitamin B2: 0.05mg (3.11%), Vitamin B12: 0.17µg (2.81%), Manganese: 0.04mg (2.14%), Folate: 7.98µg (2%), Potassium: 68.72mg (1.96%), Vitamin B6: 0.04mg (1.94%), Magnesium: 7.74mg (1.94%)