



## Chickpea Flatbread With Parsley-Olive Salad

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



273 kcal

BREAD

### Ingredients

- 1 pinch rosemary dried generous
- 3 tablespoons flour all-purpose
- 1 cup parsley leaves fresh roughly chopped
- 1 bell pepper diced green
- 1 pinch ground cumin generous
- 1.3 cups water ( a 10-ounce container)
- 0.5 juice of lemon
- 0.3 cup kalamata olives pitted chopped

- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 3 scallions thinly sliced

## Equipment

- bowl
- frying pan
- oven
- whisk
- spatula

## Directions

- Make the flatbread: Preheat the oven to 450 degrees F.
- Whisk the hummus, 1/3 cup hot water, the cumin, rosemary and 1 tablespoon olive oil in a bowl.
- Whisk in the flour and a pinch each of salt and pepper. Set the batter aside, 30 minutes.
- Heat a 12-inch cast-iron skillet over high heat.
- Add the remaining 1 tablespoon olive oil and swirl to coat the pan.
- Pour in the batter and spread to the edges with a spatula.
- Transfer to the oven and bake until firm, and crisp and golden around the edges, 25 to 30 minutes.
- Let sit 5 minutes in the pan.
- Make the salad: Toss the parsley, bell pepper, scallions, olives, olive oil, lemon juice and salt and pepper to taste in a bowl.
- Use a spatula to scrape shards of the flatbread onto plates.
- Serve with the parsley-olive salad.
- Photograph by Kana Okada

## Nutrition Facts



■ PROTEIN 10.71% ■ FAT 62.55% ■ CARBS 26.74%

## Properties

Glycemic Index:61.88, Glycemic Load:5.01, Inflammation Score:-9, Nutrition Score:19.33347815016%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 273.2kcal (13.66%), Fat: 19.9g (30.61%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 12.64g (4.6%), Sugar: 1.22g (1.36%), Cholesterol: 0mg (0%), Sodium: 671.91mg (29.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.33%), Vitamin K: 273.33µg (260.31%), Vitamin C: 47.17mg (57.17%), Manganese: 0.71mg (35.69%), Vitamin A: 1539.04IU (30.78%), Folate: 107.49µg (26.87%), Fiber: 6.49g (25.96%), Copper: 0.48mg (23.93%), Iron: 3.51mg (19.5%), Magnesium: 70.2mg (17.55%), Phosphorus: 160.4mg (16.04%), Vitamin E: 2.22mg (14.82%), Vitamin B1: 0.22mg (14.8%), Vitamin B6: 0.25mg (12.58%), Zinc: 1.7mg (11.31%), Potassium: 352.86mg (10.08%), Calcium: 69.94mg (6.99%), Vitamin B2: 0.11mg (6.45%), Vitamin B3: 1.2mg (6%), Selenium: 4.09µg (5.85%), Vitamin B5: 0.23mg (2.3%)