



Corn, Pattypan Squash, and Cheddar Flatbreads

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

Ingredients

- ☐ 4 servings flatbread dough
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 2 cups corn kernels fresh (4 ears)
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons jalapeno seeded chopped
- ☐ 8 ounces pattypan yellow sliced
- ☐ 0.5 teaspoon salt divided
- ☐ 6 ounces sharp cheddar cheese shredded

☐ 0.3 teaspoon pepper white

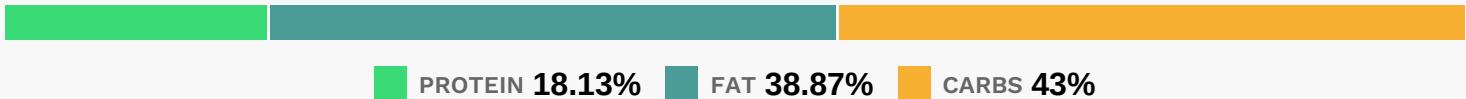
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Prepare Flatbread Dough; let rise and shape into 4 ovals on baking sheets as directed. Cover and set aside.
- ☐ Preheat oven to 47
- ☐ Heat a medium nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add corn, squash, jalapeo, and 1/4 teaspoon salt. Cook 3 minutes, stirring frequently.
- ☐ Add onions; cook 1 minute, stirring constantly.
- ☐ Remove from heat; sprinkle with 1/4 teaspoon salt and white pepper. Stir in 3 tablespoons cilantro. Divide the vegetable mixture and cheese evenly among 4 flatbread dough ovals.
- ☐ Bake the flatbread at 475 for 12 minutes or until crust is browned.
- ☐ Sprinkle with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:21.67, Inflammation Score:-7, Nutrition Score:15.889999995978%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 360.44kcal (18.02%), Fat: 16.07g (24.73%), Saturated Fat: 8.5g (53.14%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 36.56g (13.29%), Sugar: 6.44g (7.16%), Cholesterol: 42.52mg (14.17%), Sodium: 797.38mg

(34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.73%), Calcium: 353.31mg (35.33%), Phosphorus: 325.53mg (32.55%), Vitamin C: 25.42mg (30.81%), Vitamin K: 25.71µg (24.49%), Manganese: 0.45mg (22.32%), Vitamin B2: 0.36mg (21.23%), Vitamin A: 928.97IU (18.58%), Folate: 73.62µg (18.41%), Selenium: 12.68µg (18.11%), Vitamin B1: 0.27mg (17.82%), Zinc: 2.45mg (16.31%), Magnesium: 61.6mg (15.4%), Fiber: 3.45g (13.8%), Vitamin B6: 0.27mg (13.63%), Potassium: 473.74mg (13.54%), Vitamin B3: 2.59mg (12.97%), Vitamin B5: 0.98mg (9.8%), Copper: 0.16mg (8.2%), Iron: 1.39mg (7.72%), Vitamin B12: 0.45µg (7.51%), Vitamin E: 0.79mg (5.24%), Vitamin D: 0.26µg (1.7%)