



Dried Tomato and Rosemary Flatbread

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



275 kcal

Ingredients

- ☐ 0.3 cup tomatoes dried packed in oil, drained minced
- ☐ 2 tablespoons rosemary fresh finely chopped
- ☐ 2 ounces five-cheese blend shredded italian
- ☐ 2 tablespoons olive oil
- ☐ 8 servings olive oil
- ☐ 6.5 ounce pizza crust mix with jiffy)
- ☐ 0.5 cup warm water (100° to 110°)

Equipment

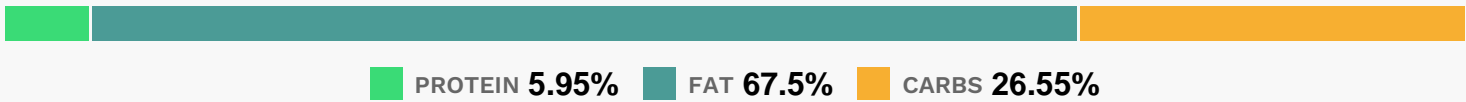
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Combine first 4 ingredients in a medium bowl; stir well. Cover and let stand at room temperature 5 minutes. Turn dough out onto a heavily floured surface, and knead 1 minute or until dough forms a smooth ball, adding more flour, if necessary. Divide dough in half.
- ☐ Roll each portion of dough into a 12" x 10" rectangle; transfer dough to 2 baking sheets brushed with olive oil. (To transfer dough easily, roll dough onto rolling pin, and unroll onto baking sheets.)
- ☐ Roll or press each portion of dough into a 14" x 12" rectangle. (Dough should be very thin.)
- ☐ Brush each portion with 1 tablespoon olive oil; sprinkle evenly with cheese.
- ☐ Bake at 425 for 10 minutes or until crispy and cheese is browned.
- ☐ Remove flatbread to wire racks, and let cool completely. To serve, break flatbread into large pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:3.7643478240656%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 274.5kcal (13.73%), Fat: 20.97g (32.26%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 17.62g (6.41%), Sugar: 1.91g (2.13%), Cholesterol: 1.42mg (0.47%), Sodium: 193.65mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Iron: 5.51mg (30.62%), Vitamin E: 2.52mg (16.8%), Vitamin K: 12.01µg (11.44%), Fiber: 0.93g (3.72%), Potassium: 121.42mg (3.47%), Manganese: 0.07mg (3.41%), Copper: 0.05mg (2.63%), Calcium: 20.16mg (2.02%), Magnesium: 7.27mg (1.82%), Vitamin C: 1.46mg (1.77%),

Vitamin B3: 0.32mg (1.58%), Phosphorus: 12.57mg (1.26%), Vitamin B1: 0.02mg (1.22%), Vitamin B2: 0.02mg (1.03%)