



HEALTH SCORE

92%

Erbazzone (Herb Sandwich from Parma)



Very Healthy

READY IN



105 min.

SERVINGS



8

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground to taste
- ☐ 0.5 cup cake flour
- ☐ 3 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 3 large cloves garlic minced
- ☐ 2.5 pounds a blend fresh dry cooked chopped
- ☐ 1 tablespoon olive oil for the pan

- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil chilled extra-virgin
- ☐ 3 medium onions chopped
- ☐ 5 ounces pancetta minced thinly sliced
- ☐ 1.5 cups parmigiano-reggiano freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 8 servings salt to taste
- ☐ 7 tablespoons water cold
- ☐ 5 tablespoons lard chilled
- ☐ 5 tablespoons lard chilled

Equipment

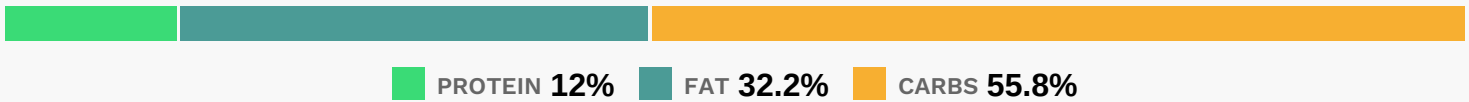
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pizza pan
- ☐ spatula
- ☐ pastry cutter

Directions

- ☐ Combine the flours and salt in a bowl. Make a well in the center and add the cold lard and oil. Working with your fingertips or a pastry cutter, blend the fat and flour until the mixture resembles coarse crumbs.
- ☐ Sprinkle with 7 tablespoons of the water, and toss with a fork until the dough begins to form clumps. If it is dry, add more water. Gather the bits of dough into a ball, wrap, and chill at least 30 minutes. When ready to assemble, halve dough and roll into 2 rounds a little larger than a pizza pan. Fit 1 round into the pizza pan.
- ☐ Heat the pancetta with the oil in a large skillet over medium-low heat. Cook about 5 minutes, or until the pancetta has given off much of its fat.

- ☐ Add the onion and garlic and cook, covered, 15 minutes or until softened. Uncover, raise the heat to high, and cook another 6 minutes, or until a rich golden brown.
- ☐ Add the spinach or chard, and saute 3 to 5 minutes, adjusting the heat to prevent burning.
- ☐ If a brown glaze forms on the skillet bottom, add a little water and simmer, scraping it up with the spatula to incorporate the glaze with the filling. Cook a minute or so until the liquid evaporates. Turn the filling into a bowl and cool. Blend in 1 1/2 cups of the cheese and reserved pancetta mixture. Taste for seasoning and for enough cheese, and then blend in the eggs.
- ☐ Preheat the oven to about 400 degrees F. Set the rack as close to the bottom of the oven as possible.
- ☐ Combine the lard and garlic in a small pan and heat over medium heat 2 minutes, or until the lard has melted.
- ☐ Spread the filling over the pastry-lined pizza pan, leaving about a 2-inch border. Dampen the edges with water, top with the remaining dough, and pinch the edges together. Fold the edges over toward the center of the tart, and crimp. Make slashes in the top of the crust.
- ☐ Bake 20 minutes, then brush the crust with the melted lard and garlic mixture, and bake another 20 minutes, or until pale gold and very crisp. The edges of the tart will be golden brown.
- ☐ Cut in narrow wedges to serve.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:23.96, Inflammation Score:-10, Nutrition Score:59.02608704567%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 831.31kcal (41.57%), Fat: 34g (52.31%), Saturated Fat: 10.17g (63.55%), Carbohydrates: 132.57g (44.19%), Net Carbohydrates: 70.54g (25.65%), Sugar: 7.88g (8.76%), Cholesterol: 85.82mg (28.61%), Sodium: 746.64mg (32.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.5g (57%), Vitamin K: 890.51µg (848.11%), Manganese: 7.45mg (372.51%), Iron: 54.4mg (302.23%), Calcium: 2515.04mg (251.5%), Fiber: 62.03g (248.13%), Vitamin E: 28.25mg (188.34%), Folate: 412.67µg (103.17%), Magnesium: 408.71mg (102.18%), Vitamin B6: 1.66mg (82.86%), Vitamin B2: 1.07mg (63.09%), Potassium: 1970.14mg (56.29%), Vitamin A: 2654.88IU (53.1%), Copper: 1.01mg (50.3%), Selenium: 33.34µg (47.63%), Vitamin B3: 9.34mg (46.68%), Phosphorus: 453.84mg (45.38%), Vitamin B1: 0.59mg (39.16%), Zinc: 5.13mg (34.18%), Vitamin B5: 1.97mg (19.74%), Vitamin C: 6.78mg (8.22%), Vitamin B12: 0.46µg (7.67%), Vitamin D: 0.49µg (3.3%)