



HEALTH SCORE

55%

## Fig and Ricotta Cheese Flatbread



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1017 kcal

BREAD

### Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 2 cups arugula rinsed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 oz cheese blue crumbled
- ☐ 1 pound figs rinsed ends trimmed halved lengthwise
- ☐ 3.5 cups flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 3 onion red peeled halved thinly sliced
- ☐ 2 cups ricotta cheese (1 carton, 15 oz.)
- ☐ 1 teaspoon salt
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.3 cup cornmeal yellow

## Equipment

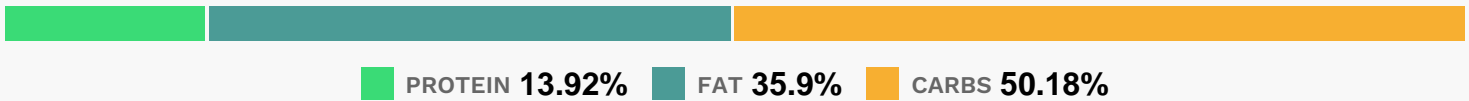
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ cutting board

## Directions

- ☐ In a large bowl, sprinkle yeast over 1 1/2 cups warm (11
- ☐ water.
- ☐ Let stand until softened, about 5 minutes. Stir in 1/2 teaspoon salt and 1 tablespoon olive oil. Gradually mix in 3 1/2 cups flour until a soft dough forms.
- ☐ If using a mixer, beat with a dough hook on high speed until dough no longer feels sticky and pulls cleanly from sides of bowl, 5 to 7 minutes. If dough is still sticky, beat in more flour, 1 tablespoon at a time.
- ☐ If kneading by hand, scrape dough onto a lightly floured board. Knead until smooth, springy, and no longer sticky, 15 to 20 minutes; add flour as needed to prevent sticking.
- ☐ Place dough in an oiled bowl and turn to coat.
- ☐ Cover and let rise in a warm place until doubled, 35 to 45 minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over medium-high heat, stir onions in remaining 1 tablespoon olive oil until very limp, 25 to 30 minutes. If onions start to burn or stick, reduce heat and stir in 1 tablespoon water.

- ☐ Add balsamic vinegar, 1/4 teaspoon pepper, and 1/2 teaspoon salt and stir until liquid is evaporated, 1 to 2 minutes longer.
- ☐ Scrape dough onto a lightly floured board; press gently to expel air. Divide into four equal pieces.
- ☐ Place pieces on floured board and cover with plastic wrap; let rest 10 minutes.
- ☐ Roll or stretch one piece at a time into a 13- by 7-inch oval about 1/16 inch thick.
- ☐ Place each oval on a cornmeal-dusted 12- by 15-inch rimless baking sheet; stretch dough, if needed, to reshape.
- ☐ Arrange about 1/2 cup red onions evenly over each oval. Drop ricotta in 1/2-tablespoon portions over onions (about 12 on each oval); arrange figs, cut side up, around cheese.
- ☐ Sprinkle about 2 tablespoons walnuts and 2 tablespoons blue cheese (if desired) evenly over each oval.
- ☐ Bake in a 450 regular or convection oven until crust is well browned on top and bottom, 15 to 20 minutes (10 to 15 minutes in a convection oven). If baking two sheets in one oven, switch their positions halfway through baking. Slide each flatbread onto a cutting board or plate. Mound arugula leaves equally on top; cut each oval in half lengthwise, then crosswise into eight slices.
- ☐ Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:104.88, Glycemic Load:79.8, Inflammation Score:-9, Nutrition Score:37.046956404396%

## Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 23.74mg, Quercetin: 23.74mg, Quercetin: 23.74mg, Quercetin: 23.74mg

Nutrients (% of daily need)

Calories: 1017.08kcal (50.85%), Fat: 41.02g (63.1%), Saturated Fat: 16.53g (103.3%), Carbohydrates: 128.99g (43%), Net Carbohydrates: 118.76g (43.19%), Sugar: 24.66g (27.4%), Cholesterol: 79.19mg (26.4%), Sodium: 942.95mg (41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.58%), Selenium: 60.27µg (86.1%), Vitamin B1: 1.26mg (84.24%), Manganese: 1.64mg (81.77%), Folate: 313.55µg (78.39%), Vitamin B2: 1.05mg (61.9%), Phosphorus: 527.16mg (52.72%), Calcium: 478.61mg (47.86%), Vitamin B3: 8.5mg (42.49%), Fiber: 10.22g (40.88%), Iron: 7.23mg (40.14%), Copper: 0.58mg (28.98%), Magnesium: 110.69mg (27.67%), Zinc: 4.04mg (26.9%), Vitamin B6: 0.54mg (26.75%), Potassium: 846.11mg (24.17%), Vitamin K: 23.6µg (22.48%), Vitamin A: 1117.61IU (22.35%), Vitamin B5: 1.98mg (19.77%), Vitamin C: 10.07mg (12.2%), Vitamin B12: 0.68µg (11.37%), Vitamin E: 1.59mg (10.59%), Vitamin D: 0.35µg (2.36%)