



Flatbread with Asparagus and Spring Onions



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

Ingredients

- ☐ 1 pound asparagus (1-inch pieces)
- ☐ 2 cups bread flour divided ()
- ☐ 2 tablespoons cornmeal divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2.5 teaspoons olive oil extravirgin
- ☐ 3 ounces fontina shredded
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 2.5 pounds spring onion thinly sliced
- ☐ 1 Dash sugar
- ☐ 0.8 cup warm water divided (100° to 110°)

Equipment

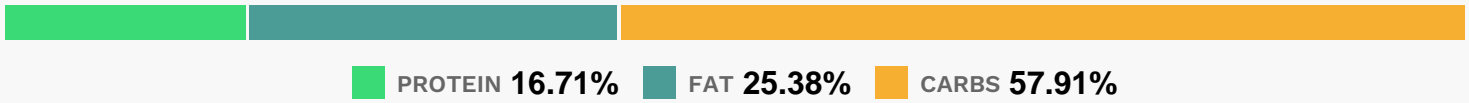
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ pizza stone

Directions

- ☐ To prepare flatbread, dissolve sugar and yeast in 1/4 cup water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups and spoons; level with a knife.
- ☐ Add 1/4 cup flour to yeast mixture, stirring with a whisk. Cover and let stand 30 minutes (mixture will be bubbly); uncover.
- ☐ Add 1/2 cup plus 3 tablespoons water to yeast mixture.
- ☐ Add 1 3/4 cups flour, 1 tablespoon oil, and 1/2 teaspoon salt, stirring until a soft dough forms. Turn the dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of the remaining 3 tablespoons flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down, and divide in half. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 12-inch circle on a floured surface.
- ☐ Place 1 dough circle on a pizza peel sprinkled with 1 tablespoon cornmeal.
- ☐ Place a pizza stone on the bottom rack in oven. Preheat oven to 500°.

- ☐ To prepare toppings, combine 2 1/2 teaspoons oil and garlic in a bowl; let stand 30 minutes.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add spring onions and 1/4 teaspoon salt to pan. Cover and cook for 20 minutes, stirring occasionally. Uncover and cook for 3 minutes or until golden, stirring frequently.
- ☐ Cook asparagus in boiling water 2 minutes or until crisp-tender.
- ☐ Drain; rinse under cold water.
- ☐ Drain.
- ☐ Brush dough circle with half of the garlic mixture; arrange half of the asparagus and onion mixture over dough, leaving a 1/2-inch border. Top with half of shredded cheese. Slide dough onto preheated pizza stone.
- ☐ Bake at 500 for 9 minutes or until lightly browned. Repeat procedure with the remaining dough circle, cornmeal, garlic mixture, asparagus, onion mixture, and shredded cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.43, Glycemic Load:24.55, Inflammation Score:-10, Nutrition Score:26.23304376654%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 30.76mg, Quercetin: 30.76mg, Quercetin: 30.76mg, Quercetin: 30.76mg

Nutrients (% of daily need)

Calories: 334.49kcal (16.72%), Fat: 9.84g (15.13%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 42.35g (15.4%), Sugar: 6.4g (7.11%), Cholesterol: 16.44mg (5.48%), Sodium: 439.04mg (19.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Vitamin K: 425.59µg (405.33%), Vitamin A: 2586.12IU (51.72%), Folate: 203.32µg (50.83%), Vitamin C: 39.92mg (48.39%), Manganese: 0.79mg (39.4%), Fiber: 8.14g (32.56%), Selenium: 21.83µg (31.19%), Iron: 4.98mg (27.67%), Vitamin B1: 0.39mg (25.85%), Calcium: 241mg (24.1%), Phosphorus: 214.4mg (21.44%), Potassium: 749.06mg (21.4%), Vitamin B2: 0.36mg (21.3%), Copper: 0.4mg (19.94%), Vitamin E: 2.69mg (17.92%), Magnesium: 65.41mg (16.35%), Zinc: 2.2mg (14.67%), Vitamin B3: 2.72mg (13.62%), Vitamin B6: 0.25mg (12.73%), Vitamin B5: 0.77mg (7.73%), Vitamin B12: 0.24µg (3.98%)