



Flatbread with Asparagus, Fontina, and Pickled Onions

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



74 kcal

Ingredients

- ☐ 1.5 cups asparagus () (8 ounces)
- ☐ 2 tablespoons cornmeal divided
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 flat parsely
- ☐ 3 ounces fontina shredded
- ☐ 1 large garlic clove whole
- ☐ 2.3 teaspoons kosher salt divided
- ☐ 2.5 cups onion red vertically sliced

- ☐ 1 cup red wine vinegar

Equipment

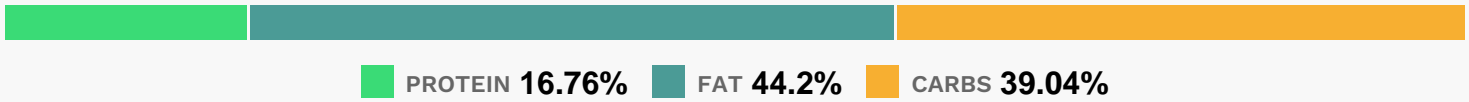
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ spatula
- ☐ slotted spoon
- ☐ cutting board
- ☐ pizza stone

Directions

- ☐ Preheat oven to 400
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Coat garlic with cooking spray. Wrap garlic head in foil.
- ☐ Bake at 400 for 45 minutes or until tender; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Combine garlic pulp and olive oil in a small bowl, stirring until smooth.
- ☐ Preheat oven to 500
- ☐ Place a pizza stone on bottom oven rack. Preheat pizza stone 30 minutes.
- ☐ Combine onion, vinegar, and 2 teaspoons salt in a bowl; let stand 20 minutes.
- ☐ Remove 1 cup onion mixture with a slotted spoon; set aside. Reserve remaining onion mixture for another use.
- ☐ Cook asparagus in boiling water 2 minutes or until crisp-tender.
- ☐ Drain and rinse under cold running water; drain. Pat dry with paper towels.
- ☐ Divide dough in half. Working with 1 half at a time (cover remaining dough to keep from drying), roll dough into an 11-inch circle on a lightly floured surface.

- ☐ Place dough on a baking sheet (or jelly-roll pan) sprinkled with 1 tablespoon cornmeal.
- ☐ Spread half of garlic mixture over dough. Top with 1/2 cup onion mixture and 3/4 cup asparagus, leaving a 1-inch border.
- ☐ Sprinkle with 6 tablespoons cheese. Slide topped dough onto preheated pizza stone, using a spatula as a guide.
- ☐ Bake at 500 for 8 minutes or until cheese melts and crust is golden brown.
- ☐ Remove from pizza stone using pizza peel.
- ☐ Place pizza on a cutting board; sprinkle with 1/8 teaspoon salt.
- ☐ Cut into 6 wedges. Repeat procedure with remaining dough, 1 tablespoon cornmeal, garlic mixture, 1/2 cup onion mixture, 3/4 cup asparagus, 6 tablespoons cheese, and 1/8 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:3.29, Inflammation Score:-3, Nutrition Score:3.3547826137232%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg

Nutrients (% of daily need)

Calories: 74.29kcal (3.71%), Fat: 3.56g (5.48%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.93g (2.16%), Sugar: 1.87g (2.07%), Cholesterol: 8.22mg (2.74%), Sodium: 513.99mg (22.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin K: 8µg (7.61%), Manganese: 0.11mg (5.58%), Calcium: 55.56mg (5.56%), Phosphorus: 51.86mg (5.19%), Fiber: 1.15g (4.61%), Vitamin C: 3.58mg (4.34%), Folate: 16.84µg (4.21%), Vitamin A: 192.03IU (3.84%), Vitamin B6: 0.08mg (3.76%), Vitamin B1: 0.06mg (3.68%), Iron: 0.65mg (3.59%), Zinc: 0.48mg (3.23%), Vitamin B2: 0.05mg (3.07%), Potassium: 105.28mg (3.01%), Copper: 0.06mg (2.96%), Vitamin E: 0.39mg (2.6%), Magnesium: 10.19mg (2.55%), Selenium: 1.72µg (2.45%), Vitamin B12: 0.12µg (1.98%), Vitamin B3: 0.33mg (1.64%), Vitamin B5: 0.14mg (1.42%)