



Flatbread With Bacon and Scallion Pesto

 Gluten Free

READY IN



39 min.

SERVINGS



4

CALORIES



584 kcal

Ingredients

- ☐ 4 strips bacon thick thinly sliced
- ☐ 1 teaspoon capers
- ☐ 0.3 cup crème fraîche sour
- ☐ 0.5 cup parsley fresh
- ☐ 4 servings kosher salt and pepper white freshly ground
- ☐ 0.5 lemon zest grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound pizza dough frozen thawed
- ☐ 6 scallions thinly sliced

- ☐ 1 pinch sugar
- ☐ 1 large onion white thinly sliced

Equipment

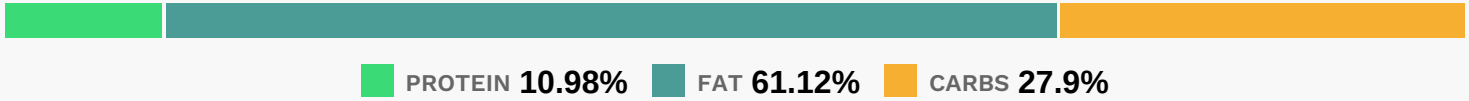
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 450 degrees. Cook the bacon in a large skillet over medium heat, stirring from time to time, until browned and crispy.
- ☐ Transfer to paper towels to drain; keep warm.
- ☐ Add the onion slices to the drippings in the skillet; sprinkle with the sugar and season with salt and pepper. Cook until light brown and tender, 5 to 7 minutes. Taste for seasoning.
- ☐ Combine the scallions, capers and parsley in a food processor.
- ☐ Add salt and pepper to taste and half of the lemon zest; pulse gently to chop and blend. Turn the processor on and add the olive oil through the top in a steady stream.
- ☐ Transfer the scallion pesto to a bowl; set aside.
- ☐ In a small bowl, whisk the creme fraiche and the remaining lemon zest until smooth. Season with salt and pepper; set aside.
- ☐ Roll the pizza dough into an 8-by-14-inch rectangle on a lightly floured surface.
- ☐ Roll the dough around the rolling pin and unroll it onto a baking sheet lined with parchment paper.
- ☐ Place in the center of the oven and bake for 10 to 12 minutes, or until golden brown.

- ☐ Spread the creme fraeche mixture on the crust. Dot with the onions and some of the bacon drippings from the pan; sprinkle with the bacon. Slice into pieces and drizzle with scallion pesto.
- ☐ Photograph by John Kendrick

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:21.836521783601%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 583.75kcal (29.19%), Fat: 40.06g (61.62%), Saturated Fat: 11.61g (72.59%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 36.67g (13.34%), Sugar: 7.06g (7.84%), Cholesterol: 41.7mg (13.9%), Sodium: 681.31mg (29.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Vitamin K: 176.43µg (168.03%), Selenium: 29.89µg (42.7%), Phosphorus: 274.77mg (27.48%), Vitamin A: 1328.44IU (26.57%), Calcium: 262.02mg (26.2%), Manganese: 0.51mg (25.5%), Vitamin C: 19.08mg (23.12%), Vitamin E: 3.43mg (22.84%), Vitamin B1: 0.34mg (22.56%), Vitamin B2: 0.38mg (22.25%), Iron: 3.86mg (21.47%), Folate: 74.7µg (18.67%), Vitamin B3: 3.64mg (18.2%), Fiber: 4.47g (17.87%), Vitamin B12: 1.03µg (17.25%), Copper: 0.33mg (16.58%), Zinc: 2.06mg (13.73%), Vitamin B6: 0.23mg (11.33%), Potassium: 388.86mg (11.11%), Magnesium: 43.82mg (10.95%), Vitamin B5: 0.53mg (5.27%)