



WHATSheATE



Flatbread with Oven-Dried Tomatoes, Rosemary, and Fontina



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



181 kcal

BREAD

Ingredients

- ☐ 0.8 cup oven-dried tomatoes halved lengthwise
- ☐ 2.3 teaspoons yeast dry
- ☐ 2.8 cups flour all-purpose
- ☐ 4 ounces fontina diced
- ☐ 2 tablespoons olive oil
- ☐ 4 rosemary sprigs
- ☐ 1 teaspoon salt divided

- ☐ 1 cup very warm water (120° to 130°)
- ☐ 2 teaspoons or dried fresh chopped

Equipment

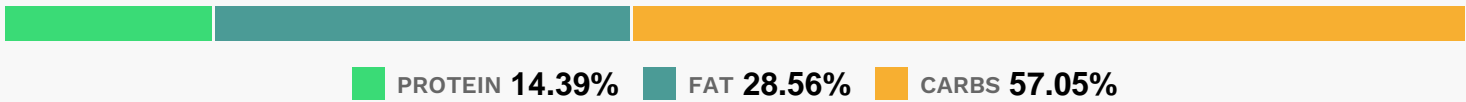
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Place oil and rosemary sprigs in a small bowl; microwave on high for 30 seconds.
- ☐ Let stand 15 minutes. Gently squeeze oil from rosemary; discard sprigs.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1/2 cup flour and yeast in a large bowl, stirring with a whisk.
- ☐ Add 1/2 cup warm water; let stand 20 minutes.
- ☐ Add rosemary oil, 2 cups flour, 1/2 cup plus 2 tablespoons warm water, chopped rosemary, and 3/4 teaspoon salt; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 teaspoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ 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. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; form into a ball.
- ☐ Place directly on baking sheet.
- ☐ Let rest 5 minutes.
- ☐ Preheat oven to 50

- ☐
- Roll dough into a 12-inch circle. Arrange tomatoes on top of flatbread, leaving a 1/2-inch border.
- ☐
- Sprinkle with cheese; gently press toppings into dough.
- ☐
- Sprinkle with 1/4 teaspoon salt.
- ☐
- Bake at 500 for 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:16.76, Inflammation Score:-4, Nutrition Score:7.8517391940822%

Nutrients (% of daily need)

Calories: 181.46kcal (9.07%), Fat: 5.81g (8.94%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 24.32g (8.84%), Sugar: 2.81g (3.12%), Cholesterol: 10.96mg (3.65%), Sodium: 278.67mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.17%), Vitamin B1: 0.33mg (21.84%), Folate: 71.47µg (17.87%), Selenium: 11.51µg (16.44%), Manganese: 0.33mg (16.34%), Vitamin B2: 0.22mg (12.82%), Vitamin B3: 2.56mg (12.81%), Iron: 2.02mg (11.21%), Phosphorus: 91.86mg (9.19%), Potassium: 278.62mg (7.96%), Copper: 0.15mg (7.37%), Fiber: 1.8g (7.19%), Calcium: 65.38mg (6.54%), Magnesium: 21.59mg (5.4%), Zinc: 0.72mg (4.79%), Vitamin K: 4.69µg (4.47%), Vitamin B5: 0.39mg (3.88%), Vitamin C: 2.73mg (3.31%), Vitamin A: 147.93IU (2.96%), Vitamin B12: 0.16µg (2.65%), Vitamin B6: 0.05mg (2.64%), Vitamin E: 0.38mg (2.53%)