



## Flatbread with Pancetta and Asparagus

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

BREAD

### Ingredients

- 0.3 pound asparagus fresh trimmed
- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon thyme dried
- 1 teaspoon yeast dry
- 1.3 cups flour all-purpose divided
- 1 garlic clove minced
- 2 ounces pancetta finely chopped
- 1 ounce parmesan fresh shaved
- 1 ounce part-skim mozzarella cheese shredded

- 0.1 teaspoon sea salt
- 0.5 teaspoon sea salt
- 0.5 cup water (100° to 110°)

## Equipment

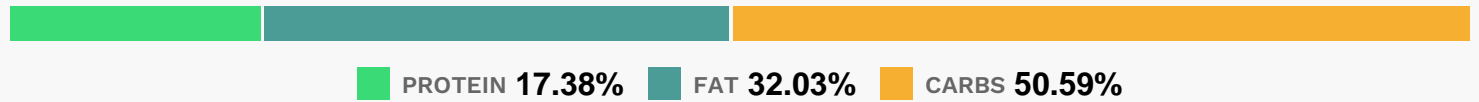
- bowl
- frying pan
- baking sheet
- oven
- knife
- measuring cup

## Directions

- To prepare dough, combine warm water and yeast in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 1 cup flour and 1/2 teaspoon salt to yeast mixture; stir until blended. Turn dough out onto a floured surface. Knead dough until smooth and elastic (about 8 minutes); add enough remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (the 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, 45 minutes or until doubled in size. (Gently press two fingers into dough. If an indentation remains, dough has risen enough.)
- While dough rises, prepare topping.
- Heat a small skillet over medium heat.
- Add thyme, pancetta, and garlic; saut 5 minutes or until pancetta is crisp. Stir in 1/8 teaspoon salt and pepper.
- Preheat oven to 47
- Punch dough down; cover and let rest 5 minutes.
- Roll the dough into a 10-inch circle on a floured surface.
- Place dough on a baking sheet.

- Spread topping evenly over dough. Arrange the asparagus over topping; sprinkle with mozzarella.
- Bake at 475 for 10 minutes or until crust is golden.
- Remove from oven.
- Sprinkle with Parmesan.

## Nutrition Facts



### Properties

Glycemic Index:24.5, Glycemic Load:10.93, Inflammation Score:-4, Nutrition Score:5.7221739084824%

### Flavonoids

Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

### Nutrients (% of daily need)

Calories: 128.62kcal (6.43%), Fat: 4.54g (6.99%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.15g (5.51%), Sugar: 0.39g (0.44%), Cholesterol: 9.36mg (3.12%), Sodium: 309.05mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Vitamin B1: 0.24mg (15.96%), Selenium: 9.77µg (13.96%), Folate: 53.14µg (13.28%), Vitamin B2: 0.16mg (9.48%), Manganese: 0.18mg (8.96%), Vitamin B3: 1.76mg (8.78%), Phosphorus: 83.02mg (8.3%), Iron: 1.45mg (8.05%), Calcium: 80.21mg (8.02%), Vitamin K: 8.27µg (7.88%), Fiber: 0.99g (3.97%), Zinc: 0.54mg (3.58%), Copper: 0.07mg (3.34%), Vitamin A: 159.46IU (3.19%), Vitamin B6: 0.06mg (2.87%), Magnesium: 10.29mg (2.57%), Vitamin B5: 0.24mg (2.38%), Potassium: 76.49mg (2.19%), Vitamin B12: 0.11µg (1.79%), Vitamin E: 0.23mg (1.5%), Vitamin C: 0.97mg (1.18%)