



 **3%**  
HEALTH SCORE

# Flatbread with Pancetta, Mozzarella, and Asparagus

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

BREAD

## Ingredients

- 1 cup asparagus vertically sliced
- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon cornmeal
- 1 teaspoon thyme dried
- 1 teaspoon yeast dry
- 1.5 cups flour all-purpose divided
- 1 garlic clove minced
- 2 ounces pancetta finely chopped

- 1 ounce parmesan grated
- 1 ounce part-skim mozzarella cheese shredded
- 0.5 teaspoon sea salt
- 0.5 cup water (100° to 110°)

## Equipment

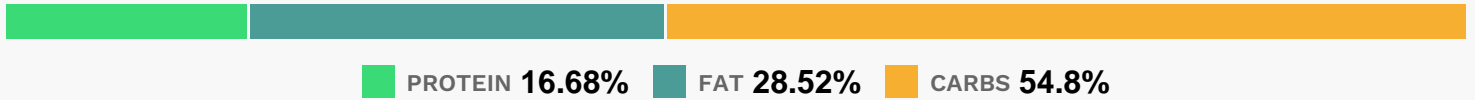
- bowl
- frying pan
- baking sheet
- oven
- knife
- measuring cup

## Directions

- Combine warm water and yeast in a large bowl; let stand 5 minutes. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Add 6 ounces (about 1 1/4 cups) 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 of remaining 1 ounces (about 1/4 cup) 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, the dough has risen enough.)
- Heat a small skillet over medium heat.
- Add thyme, pancetta, and garlic to pan; saut 5 minutes or until pancetta is crisp. Stir in pepper.
- Preheat oven to 47
- Place a baking sheet in oven for 15 minutes to preheat. Punch dough down; cover and let rest for 5 minutes. Stretch dough into a 10-inch circle on a floured surface.
- Sprinkle 1 tablespoon cornmeal on preheated baking sheet, and place dough on sheet.

- Spread pancetta mixture evenly over dough. Arrange thinly vertically sliced asparagus over pancetta mixture; sprinkle evenly with shredded part-skim mozzarella cheese.
- Bake flatbread at 475 for 10 minutes or until crust is golden.
- Remove from oven.
- Sprinkle with freshly grated Parmigiano-Reggiano cheese.
- Cut flatbread into 8 wedges.

## Nutrition Facts



### Properties

Glycemic Index:33.06, Glycemic Load:13.65, Inflammation Score:-5, Nutrition Score:6.5991304750028%

### Flavonoids

Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

### Nutrients (% of daily need)

Calories: 148.16kcal (7.41%), Fat: 4.66g (7.17%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 18.86g (6.86%), Sugar: 0.47g (0.52%), Cholesterol: 9.36mg (3.12%), Sodium: 272.9mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin B1: 0.28mg (18.5%), Selenium: 11.23µg (16.04%), Folate: 62.05µg (15.51%), Vitamin B2: 0.19mg (10.9%), Manganese: 0.22mg (10.89%), Vitamin B3: 2.04mg (10.21%), Iron: 1.72mg (9.57%), Phosphorus: 91.39mg (9.14%), Vitamin K: 9.36µg (8.91%), Calcium: 81.46mg (8.15%), Fiber: 1.27g (5.07%), Zinc: 0.62mg (4.12%), Copper: 0.08mg (4.01%), Vitamin A: 178.93IU (3.58%), Vitamin B6: 0.07mg (3.44%), Magnesium: 12.85mg (3.21%), Vitamin B5: 0.27mg (2.69%), Potassium: 89.89mg (2.57%), Vitamin B12: 0.11µg (1.79%), Vitamin E: 0.26mg (1.74%), Vitamin C: 1.12mg (1.36%)