



Flatbread with White Bean Hummus, Caramelized Onions, Black Olives and Spanish White Anchovies

READY IN



185 min.

SERVINGS



8

CALORIES



440 kcal

Ingredients

- 8 servings anchovies white spanish
- 8 ounces bread flour plus more if needed
- 0.8 cup buckwheat flour
- 8 servings thyme leaves fresh for garnish
- 1 tablespoon thyme leaves fresh finely chopped
- 0.5 ounce yeast fresh
- 1 tablespoon harissa
- 2 tablespoons juice of lemon fresh

- 0.5 cup olive oil
- 2 tablespoons olive oil
- 1 cup niçoise olives pitted halved
- 6 large onions spanish peeled halved thinly sliced
- 6 cloves roasted garlic
- 1 teaspoon salt
- 8 servings salt and pepper freshly ground
- 1 tablespoon sugar
- 1.5 teaspoons sugar
- 3 tablespoons tahini
- 2 tablespoons butter unsalted
- 1.3 cups water at room temperature
- 3 cups beans white drained and rinsed canned cooked

Equipment

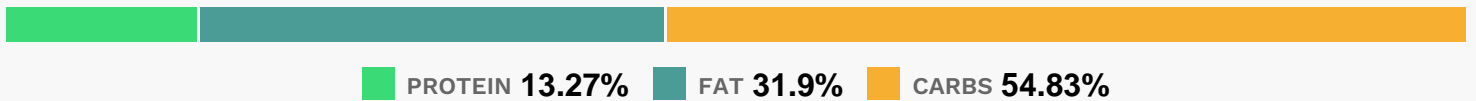
- food processor
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- hand mixer
- grill
- pizza stone

Directions

- Spread each flatbread with some of the hummus, then top with the caramelized onions, olives, and anchovies.
- Garnish with fresh thyme leaves.

- Cut into wedges and serve.
- In an electric mixer fitted with the paddle attachment, combine the yeast, sugar, and water.
- Mix for 1 minute on low speed and let stand until the mixture just begins to bubble. Attach the dough hook and add both flours and the salt to the yeast mixture.
- Mix until it forms a mass; the dough should be sticky. Continue to add additional flour, if necessary, until the surface is dry enough to handle and dry enough to roll.
- Divide the dough into 4 pieces, roll into balls, and lightly brush with oil.
- Place on a floured surface and cover the balls with plastic wrap and a clean cloth and let proof for 2 hours at room temperature; or, place on a lightly greased baking sheet, cover, and let proof overnight in a refrigerator.
- Preheat a grill or preheat the oven to 425 degrees F.
- To form flatbread, pat each piece of dough out into a 5-inch disk and sprinkle liberally with flour.
- Roll each disk, on a floured surface, into a 10-inch diameter circle. Puncture the dough liberally with a fork to keep it from rising. Grill or bake each on a pizza stone or a lightly greased sheet pan for about 5 minutes or until dough starts to get crisp on the edges but still remains chewy.
- Place beans, garlic, harissa, lemon juice, and tahini in the bowl of a food processor and process until smooth. With the machine running, slowly add the olive oil until emulsified. Season with salt and pepper, to taste.;
- Heat oil and butter in a large pan over medium heat.
- Add the onions and sugar and cook slowly until deep golden brown, stirring occasionally.
- Remove from the heat and stir in the thyme.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:17.51, Inflammation Score:-10, Nutrition Score:17.718695623719%

Flavonoids

Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg

Nutrients (% of daily need)

Calories: 439.56kcal (21.98%), Fat: 16.06g (24.71%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 62.11g (20.7%), Net Carbohydrates: 52.83g (19.21%), Sugar: 8.08g (8.98%), Cholesterol: 9.93mg (3.31%), Sodium: 792.81mg (34.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.07%), Manganese: 1.1mg (55.15%), Fiber: 9.28g (37.11%), Folate: 113.4µg (28.35%), Magnesium: 102.88mg (25.72%), Selenium: 17.42µg (24.88%), Copper: 0.5mg (24.76%), Iron: 4.37mg (24.3%), Phosphorus: 239.46mg (23.95%), Vitamin B1: 0.34mg (22.48%), Potassium: 725.25mg (20.72%), Vitamin C: 14.02mg (16.99%), Vitamin B6: 0.34mg (16.98%), Vitamin E: 2.49mg (16.57%), Zinc: 2.29mg (15.3%), Calcium: 132.68mg (13.27%), Vitamin B3: 2.42mg (12.1%), Vitamin B2: 0.15mg (8.98%), Vitamin K: 8.03µg (7.64%), Vitamin B5: 0.61mg (6.12%), Vitamin A: 264.63IU (5.29%)