



Garlic Flatbreads with Smoked Mozzarella and Tomato Vinaigrette

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

BREAD

Ingredients

- 3 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 4 ounces cherry tomatoes red halved
- 1 teaspoon cornmeal
- 2.3 teaspoons yeast dry
- 2 tablespoons olive oil extravirgin
- 10 ounces flour all-purpose divided

- 0.5 cup basil fresh thinly sliced
- 1 garlic clove minced
- 4 garlic clove thinly sliced
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 4 ounces mozzarella cheese smoked shredded
- 1 cup water divided (100° to 110°)
- 1 ounce flour whole wheat
- 4 ounces and/or cherry tomatoes yellow halved

Equipment

- bowl
- baking sheet
- oven
- knife
- broiler
- measuring cup

Directions

- To prepare flatbreads, lightly spoon whole wheat flour into a dry measuring cup; level with a knife.
- Combine whole wheat flour, 1/4 cup water, and yeast in a bowl; let stand 10 minutes.
- Lightly spoon all-purpose flour into dry measuring cups, and level with a knife.
- Combine 2 cups all-purpose flour, 1/2 teaspoon salt, and remaining 3/4 cup water in a large bowl.
- Add yeast mixture, and stir until a dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining 1/4 cup all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (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, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Preheat oven to 45
- Punch dough down; cover and let rest 5 minutes. Divide dough in half.
- Roll each half into a 9-inch circle on a lightly floured surface; place on baking sheets sprinkled with cornmeal. Lightly coat dough with cooking spray.
- Sprinkle dough evenly with sliced garlic; press garlic into dough using fingertips.
- Bake at 450 for 10 minutes or until crisp and garlic begins to brown.
- Remove flatbreads from oven; cool on wire racks.
- To prepare topping, combine vinegar, oil, 1/4 teaspoon salt, pepper, and minced garlic in a medium bowl.
- Add tomatoes; toss gently.
- Preheat broiler.
- Sprinkle each flatbread with 1/2 cup cheese; broil flatbreads 1 minute or until cheese melts.
- Remove from oven; top each flatbread with half of tomato mixture.
- Sprinkle each flatbread with 1/4 cup basil.
- Cut each flatbread into 6 equal wedges.

Nutrition Facts



PROTEIN 14.1% **FAT 28.36%** **CARBS 57.54%**

Properties

Glycemic Index:31.88, Glycemic Load:13.64, Inflammation Score:-4, Nutrition Score:6.7226087010425%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 154.32kcal (7.72%), Fat: 4.84g (7.44%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.85g (7.58%), Sugar: 1.02g (1.14%), Cholesterol: 7.47mg (2.49%), Sodium: 210.84mg (9.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin B1: 0.28mg (18.33%), Selenium: 11.4µg (16.28%), Manganese: 0.32mg (16.24%), Folate: 63.42µg (15.86%), Vitamin B2: 0.18mg (10.56%), Vitamin B3: 1.94mg (9.7%), Phosphorus: 80.81mg (8.08%), Iron: 1.45mg (8.05%), Calcium: 60.24mg (6.02%), Vitamin K: 6.21µg (5.91%), Fiber: 1.24g (4.97%), Vitamin C: 3.58mg (4.34%), Zinc: 0.62mg (4.15%), Copper: 0.08mg (3.82%), Magnesium: 14.47mg (3.62%), Vitamin B12: 0.22µg (3.6%), Vitamin A: 163.28IU (3.27%), Vitamin B6: 0.06mg (3.16%), Potassium: 104.9mg (3%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.24mg (2.43%)