



Garlicky Grilled Flatbread Strips with Fresh Tomato Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



232 kcal

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 2 cloves garlic finely grated
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 1 pound pizza dough prepared
- ☐ 2 cups tomatoes ripe chopped
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ potato masher
- ☐ grill
- ☐ spatula
- ☐ rolling pin
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat a grill to medium-high heat. In a medium bowl, stir the chopped tomatoes with 1 tablespoon olive oil, the vinegar, 1/2 teaspoon salt and 1/4 teaspoon pepper. Toss well and let stand to become juicy and soft while you make the pizza.
- ☐ Divide the dough into 2 pieces. Stretch each piece of dough into a large rectangle on a lightly floured work surface using your hands or a rolling pin, about 10-inches long by 6-inches wide.
- ☐ Transfer to the back of a large baking sheet using your hands and reshape the rectangle, if necessary. In a small bowl, mix the remaining 3 tablespoons oil with the grated garlic and lightly brush the top of each piece of dough.
- ☐ Working with one piece of dough at a time, place the dough, oiled-side down, on the grill until the dough puffs and the bottom is lightly charred with deep grill marks, 2 to 3 minutes. Flip the dough, using heatproof tongs and a spatula.
- ☐ Brush what is now the top of the pizza with half the oil and sprinkle with half the Parmesan. Grill until the cheese is melted and the pizza is crisped, about 2 minutes.
- ☐ Transfer to a large cutting board. Repeat with the second dough rectangle.
- ☐ Cut the grilled pizza into 2-inch wide strips and cut each in half crosswise. Mash the tomato mixture, using a potato masher, to form a chunky sauce and stir in the basil.
- ☐ Serve the flatbread strips with the tomato sauce on the side.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:3.7226086913244%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 232.01kcal (11.6%), Fat: 10.21g (15.71%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 27.68g (10.07%), Sugar: 4.56g (5.06%), Cholesterol: 4.25mg (1.42%), Sodium: 512.28mg (22.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin K: 10.4µg (9.91%), Iron: 1.77mg (9.83%), Calcium: 80.96mg (8.1%), Vitamin A: 399.28IU (7.99%), Vitamin E: 1.19mg (7.96%), Vitamin C: 5.48mg (6.64%), Phosphorus: 54.09mg (5.41%), Fiber: 1.35g (5.4%), Manganese: 0.08mg (3.9%), Potassium: 100.89mg (2.88%), Vitamin B6: 0.05mg (2.31%), Selenium: 1.52µg (2.17%), Magnesium: 7.71mg (1.93%), Vitamin B2: 0.03mg (1.73%), Zinc: 0.25mg (1.68%), Folate: 6.57µg (1.64%), Copper: 0.03mg (1.52%), Vitamin B3: 0.25mg (1.26%), Vitamin B12: 0.08µg (1.25%), Vitamin B1: 0.02mg (1.21%)