



Grilled Flatbread with Asparagus Pesto and Fontina

READY IN

ready

10 min.

SERVINGS

servings

6

CALORIES

calories

594 kcal

Ingredients

- ☐ 1 pound grilled asparagus
- ☐ 1 pound fontina thinly sliced
- ☐ 0.5 cup basil leaves fresh packed chopped for garnish
- ☐ 2 cloves garlic chopped
- ☐ 0.8 cup plus 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup plus 4 tablespoons pecorino romano grated
- ☐ 2 tablespoons pinenuts
- ☐ 1 large pizza shell prepared recommended: Boboli
- ☐ 6 servings salt and pepper black freshly ground

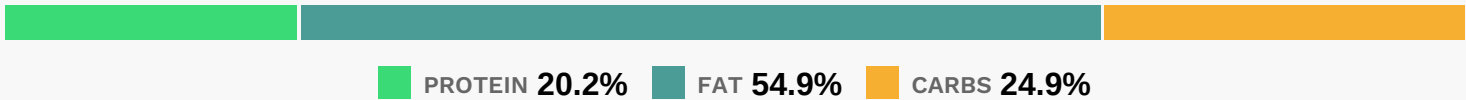
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to high
- ☐ Combine the asparagus, basil, garlic and pine nuts in a food processor and pulse a few times to coarsely chop. With the motor running, slowly add the oil and process until emulsified. Season with salt and pepper and transfer the pesto to a bowl. Stir in the Pecorino Romano.
- ☐ Place pizza shell on the grill. Grill until slightly crisp, about 1 minute.
- ☐ Remove the shells and spread each with the pesto. Top with the fontina, return to the grill, close the cover and continue cooking until the cheese has melted, 2 to 3 minutes.
- ☐ Remove from the grill and sprinkle with the remaining Romano cheese and chopped fresh basil. Slice each flatbread into bite-sized pieces.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:17.478260942127%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 593.81kcal (29.69%), Fat: 36.54g (56.22%), Saturated Fat: 18.38g (114.88%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 34.5g (12.55%), Sugar: 3.79g (4.21%), Cholesterol: 96.36mg (32.12%), Sodium: 1056.74mg (45.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.26g (60.52%), Calcium: 588.98mg

(58.9%), Vitamin K: 47.13µg (44.88%), Phosphorus: 386.19mg (38.62%), Vitamin A: 1403.43IU (28.07%), Manganese: 0.48mg (23.88%), Zinc: 3.51mg (23.42%), Vitamin B12: 1.36µg (22.72%), Iron: 3.96mg (21.98%), Selenium: 14.09µg (20.12%), Vitamin B2: 0.3mg (17.77%), Vitamin E: 2.18mg (14.56%), Folate: 46.97µg (11.74%), Fiber: 2.79g (11.14%), Copper: 0.22mg (11.02%), Vitamin B1: 0.14mg (9.47%), Magnesium: 34.65mg (8.66%), Vitamin B6: 0.16mg (7.88%), Potassium: 239.45mg (6.84%), Vitamin C: 4.93mg (5.98%), Vitamin B5: 0.59mg (5.89%), Vitamin B3: 1.03mg (5.16%), Vitamin D: 0.5µg (3.3%)