



 **70%**
HEALTH SCORE

Grilled Flatbread with Potato, Chèvre, and Herbs

 Vegetarian  Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



407 kcal

BREAD

Ingredients

- 1.1 teaspoons yeast dry
- 6 servings pepper black freshly ground
- 4 ounces goat cheese fresh crumbled (goat cheese)
- 2.8 cups flour all-purpose
- 0.5 cup herbs: rosemary fresh such as chives, dill, and parsley coarsely chopped
- 1.5 teaspoons granulated sugar
- 6 servings kosher salt

- 4 teaspoons olive oil as needed plus more
- 0.3 teaspoon pepper red
- 2.8 cups whole-milk mozzarella shredded
- 1 cup water (110°F to 115°F)
- 12 ounces yukon gold potatoes (4 medium potatoes)

Equipment

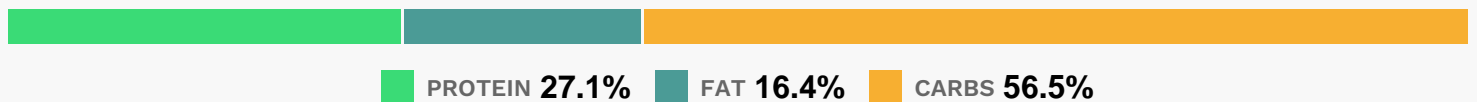
- bowl
- baking sheet
- sauce pan
- whisk
- mixing bowl
- plastic wrap
- grill
- stand mixer
- spatula
- tongs
- cutting board

Directions

- Whisk the water and sugar together in the bowl of a stand mixer fitted with a dough hook and sprinkle the yeast on top. Set aside until the mixture bubbles, about 10 minutes.
- Add the flour, salt, and measured olive oil and mix on low speed until the dough just starts to come together and looks shaggy, about 2 minutes. Increase the speed to medium and continue to mix until the dough is elastic and smooth, about 10 minutes. Meanwhile, coat a large mixing bowl with oil and set it aside. When the dough is ready, form it into a ball, place it in the oiled bowl, and turn to coat it in the oil. Cover with plastic wrap.
- Place the potatoes in a medium saucepan filled with generously salted water and bring to a boil over high heat. Reduce the heat to medium and simmer until the potatoes are just cooked through, about 12 to 15 minutes.

- Drain the potatoes and let them cool slightly, about 10 minutes.
- Cut them into 1/8-inch rounds and place in a large bowl.
- Add 1 tablespoon of the measured oil (set the remaining teaspoon aside), season with salt and pepper, and gently toss to coat; set aside. Once the dough has risen, heat half of a gas or charcoal grill to high (about 450°F to 550°F) and the other half to low (about 250°F to 300°F). Lightly dust an 18-by-13-inch baking sheet with flour. Punch the dough down and turn it out onto the prepared baking sheet. Using your hands, stretch and shape it into a rough 16-by-12-inch rectangle. Rub the grill grates generously with a towel dipped in olive oil.
- Brush the top of the dough with oil, season with salt and pepper, and place it oil-side down on the hot side of the grill. Cover and grill undisturbed until the dough is puffed and grill marks have appeared on the bottom, about 2 to 3 minutes. Flip the dough with a spatula or tongs and move it to the cooler half of the grill. Evenly sprinkle on the mozzarella. Arrange the seasoned potatoes over the mozzarella.
- Sprinkle the chèvre evenly over the potatoes. Cover and grill, rotating the flatbread if necessary to avoid any hot spots, until the bottom is lightly charred and the cheese is melted, about 5 to 8 minutes. Meanwhile, place the herbs and red pepper flakes in a large bowl, drizzle with the remaining 1 teaspoon of measured oil, season with salt and pepper, and toss to combine; set aside. When the flatbread is done, transfer it to a cutting board and sprinkle the herb salad evenly over the top.
- Cut into slices and serve.

Nutrition Facts



Properties

Glycemic Index:48.81, Glycemic Load:39.64, Inflammation Score:-8, Nutrition Score:24.163478084232%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 406.73kcal (20.34%), Fat: 7.37g (11.33%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 52.99g (19.27%), Sugar: 2.58g (2.87%), Cholesterol: 18.02mg (6.01%), Sodium: 659.22mg

(28.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.77%), Vitamin K: 86.28µg (82.17%), Calcium: 548.71mg (54.87%), Phosphorus: 489.35mg (48.94%), Selenium: 29.99µg (42.84%), Vitamin B1: 0.59mg (39.16%), Folate: 142.65µg (35.66%), Vitamin B2: 0.56mg (32.81%), Manganese: 0.52mg (26.05%), Vitamin B3: 4.43mg (22.17%), Iron: 3.98mg (22.13%), Vitamin C: 17.82mg (21.6%), Zinc: 2.88mg (19.19%), Vitamin A: 891.94IU (17.84%), Fiber: 4.1g (16.41%), Copper: 0.32mg (15.92%), Vitamin B6: 0.3mg (14.82%), Magnesium: 49.27mg (12.32%), Potassium: 396.13mg (11.32%), Vitamin B12: 0.51µg (8.55%), Vitamin B5: 0.65mg (6.48%), Vitamin E: 0.6mg (4.01%)