



Grilled Flatbread with Ricotta Cheese, Fresh Tomatoes, Oregano and Roasted Garlic Oil

 Vegetarian

READY IN



320 min.

SERVINGS



6

CALORIES



472 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon active yeast dry
- ☐ 2 tablespoons chiffonade basil fresh
- ☐ 2 tablespoons canola oil plus more for bowl
- ☐ 1 recipe flatbread
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup olive oil
- ☐ 3 plum tomatoes very thinly sliced

- ☐ 8 ounce ricotta cheese drained
- ☐ 6 cloves roasted garlic
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1.5 cups warm water 105 to 110 degrees F

Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ stand mixer

Directions

- ☐ Place oil and garlic in a blender and blend until smooth. Strain.
- ☐ Mix water and yeast in a large bowl and let stand 5 minutes to proof. Gradually pour in 2 cups of the flour and stir to incorporate.
- ☐ Mix for about 1 minute to form a sponge.
- ☐ Let stand, covered, for at least an hour.
- ☐ Put sponge in the bowl of a stand mixer. Using the dough hook, add the salt and oil, then add the flour, 1/2 cup at a time, to form a dough.
- ☐ Remove from bowl and knead.
- ☐ Place in a clean oiled bowl and let rise, slowly, about 2 1/2 hours. Divide dough into 4 balls, if desired, let rise again for 1/2 hour, and then roll out as desired.
- ☐ Flatten flatbread dough, gently press into a large rectangle, brush liberally with olive oil, and throw on grill. Grill on both sides until golden brown.
- ☐ Spread 1 side with ricotta, sprinkle with salt and pepper, scatter tomatoes over, drizzle with Roasted Garlic Oil, and garnish with basil and more freshly ground black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.17, Glycemic Load:50.38, Inflammation Score:-7, Nutrition Score:16.406087077182%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 471.56kcal (23.58%), Fat: 14.17g (21.8%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 70.78g (23.59%), Net Carbohydrates: 67.87g (24.68%), Sugar: 1.17g (1.3%), Cholesterol: 19.28mg (6.43%), Sodium: 655.77mg (28.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Selenium: 34.18µg (48.83%), Vitamin B1: 0.72mg (48.21%), Folate: 169.9µg (42.47%), Manganese: 0.7mg (34.91%), Vitamin B2: 0.51mg (30.11%), Vitamin B3: 5.42mg (27.09%), Iron: 4.29mg (23.83%), Phosphorus: 170.24mg (17.02%), Fiber: 2.91g (11.65%), Vitamin K: 11.43µg (10.88%), Calcium: 108.44mg (10.84%), Vitamin E: 1.6mg (10.68%), Vitamin A: 461.87IU (9.24%), Copper: 0.18mg (9%), Zinc: 1.2mg (7.99%), Magnesium: 29.56mg (7.39%), Potassium: 226.95mg (6.48%), Vitamin C: 5.3mg (6.43%), Vitamin B6: 0.12mg (6.11%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.13µg (2.14%)