



Grilled Flatbreads with Mushrooms, Ricotta and Herbs

READY IN



45 min.

SERVINGS



45

CALORIES



26 kcal

Ingredients

- ☐ 2 tablespoons chervil coarsely chopped
- ☐ 2 tablespoons chives coarsely chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley coarsely chopped
- ☐ 8 ounces ricotta cheese fresh
- ☐ 1 clove garlic minced
- ☐ 0.3 cup olive oil extra-virgin plus more for brushing and drizzling
- ☐ 2 cups oyster and shiitake mushrooms thinly sliced
- ☐ 45 servings pepper freshly ground

- ☐ 2 balls pizza dough at room temperature
- ☐ 45 servings salt
- ☐ 1 shallots minced
- ☐ 2 tablespoons tarragon coarsely chopped

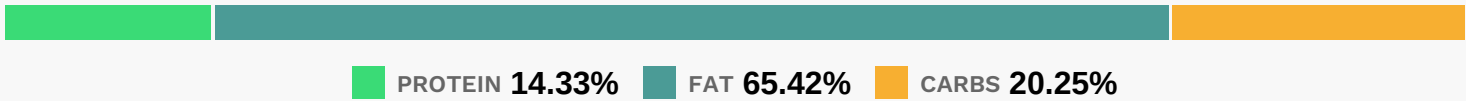
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a medium skillet, heat the 1/4 cup of olive oil.
- ☐ Add the mushrooms and cook over moderately high heat, stirring occasionally, until lightly browned, about 5 minutes.
- ☐ Add the shallot and garlic and cook until fragrant, about 1 minute.
- ☐ Add the wine and cook until evaporated, about 1 minute. Season with salt and pepper.
- ☐ Light a grill or preheat a grill pan and lightly oil a rimless baking sheet. On the baking sheet, stretch each ball of pizza dough out to a 12-inch round; brush with extra-virgin olive oil. Carefully slide the dough rounds onto the grill and cook over moderately high heat, shifting the rounds to prevent scorching, until lightly browned on the bottom, about 2 minutes. Flip the rounds and spread 1/2 cup of the fresh ricotta cheese over each one. Scatter the sauted mushrooms and herbs over the flatbreads and grill until heated through, about 2 minutes.
- ☐ Transfer the flatbreads to a work surface, drizzle lightly with olive oil and season with salt and pepper.
- ☐ Cut into wedges and serve right away.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.5460869514424%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.29kcal (1.31%), Fat: 1.94g (2.99%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1g (0.36%), Sugar: 0.32g (0.35%), Cholesterol: 2.57mg (0.86%), Sodium: 199.92mg (8.69%), Alcohol: 0.14g (100%), Alcohol %: 0.88% (100%), Protein: 0.96g (1.91%), Vitamin K: 4.15µg (3.95%), Manganese: 0.07mg (3.56%), Vitamin B6: 0.05mg (2.26%), Vitamin B2: 0.04mg (2.25%), Phosphorus: 22.2mg (2.22%), Vitamin B3: 0.44mg (2.21%), Selenium: 1.41µg (2.01%), Calcium: 18.56mg (1.86%), Potassium: 61.59mg (1.76%), Vitamin B5: 0.17mg (1.67%), Iron: 0.28mg (1.53%), Fiber: 0.35g (1.41%), Vitamin A: 69.85IU (1.4%), Zinc: 0.2mg (1.35%), Vitamin E: 0.18mg (1.21%), Magnesium: 4.52mg (1.13%), Copper: 0.02mg (1.06%)