



Grilled Flatbreads with Tomatoes and Basil

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon bread flour
- 2.3 cups bread flour divided
- 2.3 teaspoons yeast dry
- 1 tablespoon olive oil extravirgin
- 1 cup basil fresh finely chopped
- 2 garlic clove minced
- 4 cups plum tomatoes ()

- 0.5 teaspoon salt
- 0.8 teaspoon salt
- 0.8 cup water divided (100° to 110°)

Equipment

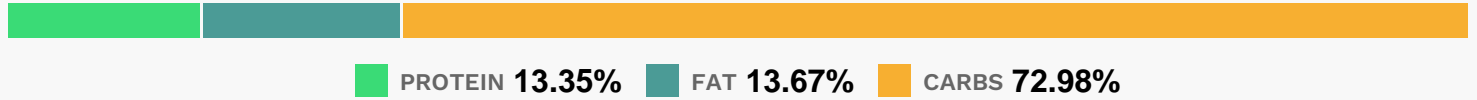
- bowl
- baking sheet
- knife
- whisk
- grill
- measuring cup

Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine 1/4 cup flour, 1/4 cup water, and yeast in a large bowl, stirring with a whisk; let stand 30 minutes. Stir in 2 cups flour, remaining 1/2 cup water, 1 tablespoon oil, and 3/4 teaspoon salt. Turn dough out onto a lightly floured surface; sprinkle with 1 tablespoon flour (dough will feel slightly tacky). Knead until smooth and elastic (about 8 minutes).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Prepare the grill to medium-high heat.
- Divide dough into 8 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 6-inch circle on a lightly floured surface.
- Place dough circles on a lightly floured baking sheet.
- Place the dough circles on a grill rack coated with cooking spray, and grill 2 minutes on each side or until golden and crisp.
- To prepare topping, combine the vinegar, 1 tablespoon oil, 1/2 teaspoon salt, pepper, and garlic in a medium bowl, stirring with a whisk.
- Add tomatoes, and toss gently to coat. Spoon 1/2 cup tomato mixture onto each flatbread; sprinkle each flatbread with 2 tablespoons of basil.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:18.59, Inflammation Score:-7, Nutrition Score:9.4995651974788%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 175.32kcal (8.77%), Fat: 2.68g (4.12%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 29.57g (10.75%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 372.77mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Manganese: 0.49mg (24.6%), Vitamin A: 1145.11IU (22.9%), Vitamin K: 23.18µg (22.07%), Selenium: 14.5µg (20.71%), Vitamin C: 16.98mg (20.59%), Folate: 52.19µg (13.05%), Vitamin B1: 0.17mg (11.43%), Fiber: 2.62g (10.46%), Potassium: 342.84mg (9.8%), Copper: 0.16mg (7.98%), Phosphorus: 72.7mg (7.27%), Vitamin B3: 1.45mg (7.24%), Vitamin E: 1.06mg (7.07%), Vitamin B6: 0.14mg (6.77%), Magnesium: 25.53mg (6.38%), Vitamin B2: 0.08mg (4.85%), Iron: 0.82mg (4.58%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.39mg (3.94%), Calcium: 26.71mg (2.67%)