



Hot salami & courgette flatbread

 Gluten Free

READY IN



17 min.

SERVINGS



1

CALORIES



370 kcal

Ingredients

- ☐ 1 small zucchini thinly sliced
- ☐ 2 tsp olive oil
- ☐ 1 pinch oregano dried fresh
- ☐ 1 wrap
- ☐ 2 tbsp pasta sauce
- ☐ 2 slices genoa salami cut into strips
- ☐ 25 g swiss cheese grated

Equipment

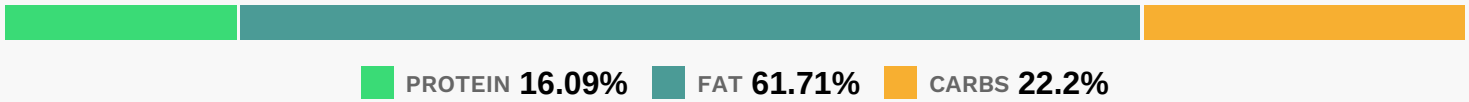
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas 7 and place a griddle pan over a high heat. Toss the courgette slices in a bowl with the olive oil, oregano and seasoning.
- ☐ Lay the courgette slices on the griddle and cook for a few mins each side until just tender.
- ☐ Place the flatbread on a baking sheet and spread with the pasta sauce. Arrange the courgette slices on top, before scattering over salami and cheese.
- ☐ Place in the oven and bake for 8 mins until cheese has melted and the breads edges are crisp.

Nutrition Facts



Properties

Glycemic Index:154, Glycemic Load:5.75, Inflammation Score:-7, Nutrition Score:16.138260903566%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 370.39kcal (18.52%), Fat: 25.69g (39.52%), Saturated Fat: 8.92g (55.76%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 18.08g (6.57%), Sugar: 5.14g (5.71%), Cholesterol: 37.47mg (12.49%), Sodium: 825.7mg (35.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.14%), Phosphorus: 299.61mg (29.96%), Calcium: 293.41mg (29.34%), Vitamin C: 23.22mg (28.15%), Selenium: 19.21µg (27.44%), Vitamin B1: 0.38mg (25.44%), Vitamin B12: 1.26µg (20.98%), Vitamin B2: 0.35mg (20.63%), Manganese: 0.41mg (20.4%), Vitamin B6: 0.36mg (17.85%), Zinc: 2.45mg (16.36%), Vitamin B3: 3.18mg (15.92%), Folate: 62.07µg (15.52%), Potassium: 521.72mg (14.91%), Vitamin K: 14.46µg (13.77%), Vitamin E: 2.04mg (13.59%), Iron: 2.17mg (12.04%), Vitamin A: 575.1IU (11.5%), Magnesium: 44.82mg (11.2%), Fiber: 2.72g (10.89%), Copper: 0.17mg (8.47%), Vitamin B5: 0.68mg (6.82%)