



Italian Flatbread

 Gluten Free

READY IN



27 min.

SERVINGS



12

CALORIES



44 kcal

Ingredients

- 0.5 cup water hot
- 2 tablespoons butter melted
- 0.3 cup cheddar cheese shredded
- 0.3 cup monterrey jack cheese shredded
- 0.3 cup parmesan cheese grated
- 2 teaspoons parsley
- 0.5 teaspoon seasoning italian
- 2 cups frangelico

Equipment

baking sheet

oven

Directions

Heat oven to 450°F.

Mix Bisquick and hot water until stiff dough forms.

Let stand 10 minutes. Turn dough onto surface generously dusted with Bisquick; gently roll in Bisquick to coat. Shape into ball; knead 60 times.

Pat dough into 11-inch square on ungreased cookie sheet.

Spread butter over dough.

Mix remaining ingredients; sprinkle over dough.

Bake 10 to 12 minutes or until edges are light golden brown.

Serve warm.

Nutrition Facts

 **PROTEIN 15.92%**  **FAT 80.32%**  **CARBS 3.76%**

Properties

Glycemic Index:4.92, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0482608790145%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

Nutrients (% of daily need)

Calories: 44.2kcal (2.21%), Fat: 3.98g (6.12%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.03g (0.03%), Cholesterol: 6.26mg (2.09%), Sodium: 88.57mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Calcium: 55.14mg (5.51%), Phosphorus: 35.18mg (3.52%), Vitamin A: 144.92IU (2.9%), Selenium: 1.74µg (2.49%), Zinc: 0.25mg (1.68%), Vitamin B2: 0.03mg (1.67%), Vitamin B12: 0.08µg (1.25%)