



Italian Flatbread (Piadina) with Fontina and Prosciutto

READY IN



50 min.

SERVINGS



6

CALORIES



825 kcal

BREAD

Ingredients

- 0.5 teaspoon baking soda
- 6 servings pepper black freshly ground
- 1 stick butter cut into 1/2-inch pieces, at room temperature
- 3.5 cups flour for dusting all-purpose
- 2 cups fontina shredded
- 1 cup basil fresh chopped
- 2 teaspoons lemon zest (from 2 small lemons)
- 2 tablespoons olive oil extra-virgin

- 4 ounces pancetta thinly sliced
- 1 teaspoon sea salt for seasoning fine
- 1 pound milk ricotta cheese whole

Equipment

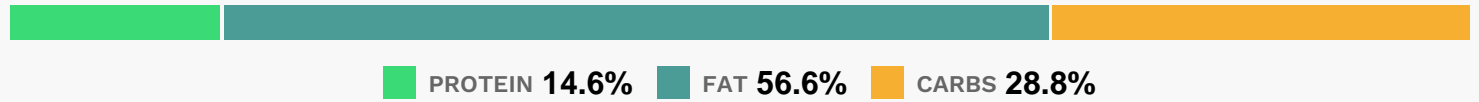
- bowl
- blender
- plastic wrap
- grill
- grill pan

Directions

- Watch how to make this recipe.
- Combine the flour, baking soda, and 1 teaspoon of salt in the bowl of an upright mixer fitted with a dough hook attachment.
- Add the butter and mix on low speed until incorporated, about 2 minutes. With the machine running, slowly add 10 to 12 tablespoons water until the mixture forms a dough around the hook.
- Transfer the dough to a lightly floured work surface and knead for 5 minutes until smooth.
- Cut the dough into 4 equal pieces. Form into disk shapes and wrap in plastic wrap. Refrigerate for 30 minutes.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. On a lightly floured work surface, roll out each piece of dough into an 8 to 10-inch circle, about 1/8-inch thick.
- Brush each circle with the extra-virgin olive oil and grill for 4 minutes each side.
- Remove the piadina from the grill to cool slightly.
- Combine the ricotta cheese and lemon zest in a small bowl. Season with salt and pepper.
- Spread each piadina with 1/2 cup of the ricotta mixture.
- Sprinkle the fontina cheese evenly over the ricotta cheese. Arrange 2 prosciutto slices on top of the cheeses.
- Cut each piadina into 8 wedges and transfer to a serving platter.

Garnish with the chopped basil.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:41.11, Inflammation Score:-8, Nutrition Score:21.503912962001%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 824.7kcal (41.24%), Fat: 51.68g (79.51%), Saturated Fat: 27.67g (172.95%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 57.02g (20.74%), Sugar: 1.13g (1.26%), Cholesterol: 142.56mg (47.52%), Sodium: 1142.27mg (49.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Selenium: 46.07µg (65.82%), Vitamin B1: 0.65mg (43.1%), Calcium: 423.59mg (42.36%), Phosphorus: 384.65mg (38.46%), Folate: 148.54µg (37.13%), Vitamin B2: 0.62mg (36.64%), Vitamin A: 1427.65IU (28.55%), Manganese: 0.57mg (28.49%), Vitamin B3: 5.26mg (26.29%), Iron: 4.02mg (22.36%), Vitamin K: 23.09µg (21.99%), Zinc: 3.2mg (21.36%), Vitamin B12: 1.12µg (18.71%), Vitamin E: 1.47mg (9.8%), Magnesium: 36mg (9%), Fiber: 2.13g (8.51%), Vitamin B5: 0.81mg (8.07%), Vitamin B6: 0.16mg (7.98%), Copper: 0.16mg (7.87%), Potassium: 241.82mg (6.91%), Vitamin D: 0.49µg (3.27%), Vitamin C: 1.58mg (1.92%)