



John's Flammekueche

READY IN



30 min.

SERVINGS



4

CALORIES



708 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon smoked
- ☐ 18 ounces bread dough refrigerated french
- ☐ 0.3 cup butter
- ☐ 1 pinch ground nutmeg
- ☐ 0.8 cup cup heavy whipping cream light
- ☐ 1 tablespoon olive oil or as needed
- ☐ 0.5 cup onion chopped
- ☐ 1 medium potatoes thinly sliced
- ☐ 4 servings salt and pepper to taste

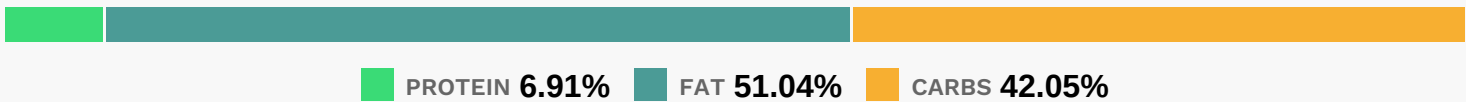
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Roll out the bread dough into a rectangle, and spread out on a baking sheet greased with olive oil. Set aside.
- ☐ Place potato slices in a saucepan with enough water to cover. Bring to a boil, and cook for about 5 minutes.
- ☐ Add bacon slices to the water, and cook for an additional 5 minutes.
- ☐ Drain.
- ☐ Remove bacon, then dice.
- ☐ While the potatoes and bacon cook, melt the butter in a skillet over medium heat.
- ☐ Add the onion, and cook, stirring until tender.
- ☐ Remove from heat and stir in cream; season with salt, pepper and nutmeg.
- ☐ Spread the onion mixture over the bread dough. Arrange potato slices evenly, and sprinkle with bacon.
- ☐ Bake for 10 minutes in the preheated oven, until crust is golden on the bottom.
- ☐ Let stand for a few minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:57.69, Glycemic Load:7.28, Inflammation Score:-4, Nutrition Score:6.7882609367371%

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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 707.63kcal (35.38%), Fat: 39.3g (60.47%), Saturated Fat: 18.72g (117.01%), Carbohydrates: 72.84g (24.28%), Net Carbohydrates: 68.79g (25.01%), Sugar: 1.39g (1.55%), Cholesterol: 91.14mg (30.38%), Sodium: 1013.57mg (44.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.95%), Vitamin A: 816.32IU (16.33%), Fiber: 4.05g (16.2%), Vitamin C: 12.25mg (14.84%), Vitamin B6: 0.24mg (11.92%), Potassium: 333.88mg (9.54%), Phosphorus: 91.19mg (9.12%), Vitamin E: 1.31mg (8.72%), Vitamin B1: 0.11mg (7.31%), Vitamin B3: 1.28mg (6.38%), Manganese: 0.12mg (5.86%), Vitamin B2: 0.1mg (5.69%), Selenium: 3.95µg (5.64%), Vitamin K: 5.4µg (5.14%), Magnesium: 20.11mg (5.03%), Calcium: 46.76mg (4.68%), Vitamin B5: 0.41mg (4.05%), Copper: 0.08mg (3.9%), Folate: 14.73µg (3.68%), Zinc: 0.51mg (3.43%), Vitamin B12: 0.2µg (3.27%), Iron: 0.57mg (3.17%), Vitamin D: 0.33µg (2.23%)