



## Olive Tapenade Flatbread

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



404 kcal

### Ingredients

- 20 kalamata olives
- 20 manzanilla olives green
- 2 naan breads (I use Stonefire brand)
- 5 oz mozzarella fresh cut into small pieces
- 1 Tbs olive oil extra virgin
- 0.5 cup arugula
- 1 tsp balsamic vinegar
- 2 tsp olive oil extra virgin

### Equipment

food processor

grill

## Directions

Preheat BBQ grill to medium high. Use the tablespoon of olive oil to brush both sides of the naan. Grill naan for 3 minutes on each side

Place olives and 6–8 teaspoons of olive juice/brine (you can mix the two kinds) in a food processor and pulse until it has a finer texture but not smooth (you'll want to still see pieces of olives).

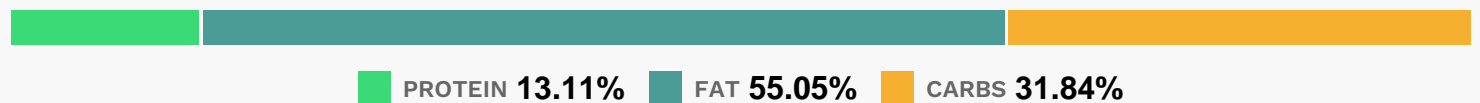
Spread this olive tapenade across one side of each naan.

Add pieces of the mozzarella cheese.

Place the naan back on the grill and cook until the bottoms get brown and crispy and the cheese melts. Toss the arugula with the balsamic vinegar and add arugula to cooked flatbread.

Drizzle the flatbreads with more olive oil.

## Nutrition Facts



## Properties

Glycemic Index: 27.25, Glycemic Load: 0.34, Inflammation Score: -3, Nutrition Score: 5.78%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Taste

Sweetness: 35.98%, Saltiness: 25.19%, Sourness: 10.73%, Bitterness: 6.89%, Savoriness: 16.53%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 404.17kcal (20.21%), Fat: 24.7g (38.01%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 29.79g (10.83%), Sugar: 2.81g (3.13%), Cholesterol: 32.96mg (10.99%), Sodium: 1270.74mg (55.25%), Protein: 13.24g (26.47%), Calcium: 243.54mg (24.35%), Vitamin E: 2.43mg (16.2%), Vitamin B12: 0.81µg

(13.47%), Phosphorus: 128.6mg (12.86%), Fiber: 2.35g (9.41%), Selenium: 6.39µg (9.13%), Vitamin A: 456.08IU (9.12%), Vitamin K: 7.56µg (7.2%), Zinc: 1.06mg (7.09%), Vitamin B2: 0.11mg (6.19%), Magnesium: 12.82mg (3.21%), Copper: 0.05mg (2.71%), Iron: 0.43mg (2.39%), Potassium: 54.5mg (1.56%), Folate: 6.11µg (1.53%), Vitamin B6: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.34%), Manganese: 0.02mg (1.02%)