



Pear, Prosciutto & Provolone Flatbread with Candied Pecans

READY IN



30 min.

SERVINGS



6

CALORIES



380 kcal

Ingredients

- ☐ 3 tablespoon candied pecans chopped
- ☐ 0.3 teaspoon ground pepper white finely
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pizza dough store bought
- ☐ 6 slice pancetta thinly sliced
- ☐ 6 ounces provolone cheese shredded
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 teaspoon thyme leaves

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ broiler
- ☐ rolling pin
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ On a lightly floured surface divide the dough into 6 equally sized flattened balls, then thinly roll each into 7 or 8-inch rustic shapes or rounds using a lightly floured rolling pin. Set aside to rest about 15 minutes lightly covered, until ready to cook. While flatbreads rest heat the oil in a large cast-iron or other heavy-bottomed skillet. Set over medium-high heat.
- ☐ Add onion to pan; cover and cook for 3 minutes. Uncover, lower heat to medium and cook 10 minutes more until golden with edges beginning to brown, stirring often. Deglaze the pan with sherry vinegar, stirring until evaporated.
- ☐ Remove from heat and set aside. Use a paper towel to wipe a bit of vegetable oil onto another cast-iron or other heavy-bottomed skillet. Set over medium-high heat. Once the skillet is quite hot, cook the flatbreads, one at a time, until puffed and dark brown in spots, about 1 ½ to 2 minutes per side. Set aside. Divide the onion mixture evenly on top of each; sprinkle with most of the cheese. Top each with a prosciutto slice, pear slices and a sprinkle of the remaining cheese and some white pepper.
- ☐ Heat broiler to high.
- ☐ Place as many of the topped flatbreads on a broiler pan as will comfortably fit and broil until the cheese is slightly charred and the flatbread edges are beginning to brown, about 4 minutes depending on the distance from the heat source. Repeat with the remaining flatbreads.
- ☐ Transfer the flatbreads to a cutting board or serving plate.
- ☐ Sprinkle each with nuts and thyme leaves. Slice and serve warm.

Nutrition Facts



 PROTEIN **15.03%**  FAT **43.06%**  CARBS **41.91%**

Properties

Glycemic Index:12, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:4.824347814788%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 380.15kcal (19.01%), Fat: 18.31g (28.16%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 38.62g (14.04%), Sugar: 7.49g (8.32%), Cholesterol: 24.84mg (8.28%), Sodium: 834.98mg (36.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Calcium: 221.64mg (22.16%), Phosphorus: 152.83mg (15.28%), Iron: 2.41mg (13.38%), Selenium: 5.72µg (8.17%), Vitamin B12: 0.45µg (7.57%), Zinc: 1.02mg (6.79%), Fiber: 1.47g (5.87%), Vitamin B2: 0.1mg (5.83%), Vitamin A: 268.27IU (5.37%), Vitamin E: 0.44mg (2.9%), Magnesium: 9.61mg (2.4%), Vitamin B6: 0.04mg (2.16%), Vitamin K: 2.03µg (1.93%), Vitamin B3: 0.37mg (1.86%), Vitamin B1: 0.03mg (1.84%), Vitamin B5: 0.18mg (1.81%), Potassium: 58.05mg (1.66%), Vitamin D: 0.17µg (1.16%)