

Pissaladiere Strips

READY IN



1500 min.

SERVINGS



6

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fillet flat anchovy rinsed chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon rosemary fresh finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 3.5 tablespoons butter unsalted cold cut into small pieces

- ☐ 0.5 cup milk whole
- ☐ 0.5 cup bell pepper yellow chopped
- ☐ 0.5 cup niçoise black pitted coarsely chopped

Equipment

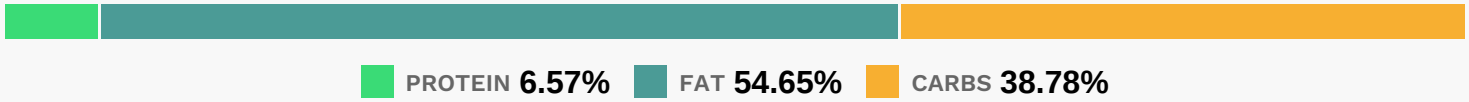
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Cook onion, anchovy, bell peppers, rosemary, a rounded 1/4 teaspoon salt, and 1/8 teaspoon pepper in oil in a heavy medium skillet over medium heat, stirring occasionally, until onion is golden, about 10 minutes.
- ☐ Transfer to a bowl and stir in olives, then cool filling.
- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Whisk together flour, baking powder, and salt in a bowl. Blend in butter with a pastry blender or your fingertips until most of mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- ☐ Add milk and stir with a fork until a shaggy dough forms. Gently knead dough 8 to 10 times with floured hands on a lightly floured surface.
- ☐ Roll out dough into a 12-inch square (1/4 inch thick) on a lightly floured surface with a floured rolling pin.
- ☐ Cut into 3 equal strips. Arrange strips 1 inch apart on an ungreased baking sheet and spread with filling, leaving a 1/2-inch border around edges.
- ☐ Bake until crust is golden, 20 to 25 minutes.

- ☐
- Transfer to a rack using a large metal spatula and cool to warm or room temperature.
- ☐
- Cut crosswise into 1-inch pieces.
- ☐
- Filling can be made 1 day ahead and chilled, covered. Bring to room temperature before using. · Pissaladière strips can be baked 3 hours ahead and kept, uncovered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:16.57, Inflammation Score:-7, Nutrition Score:9.962173866189%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 266.44kcal (13.32%), Fat: 16.41g (25.25%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 24.39g (8.87%), Sugar: 2.42g (2.69%), Cholesterol: 20.8mg (6.93%), Sodium: 522.81mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin C: 40.04mg (48.53%), Vitamin B1: 0.25mg (16.77%), Folate: 63.97µg (15.99%), Selenium: 10.62µg (15.17%), Vitamin A: 696.11IU (13.92%), Vitamin E: 1.86mg (12.4%), Calcium: 123.96mg (12.4%), Manganese: 0.24mg (12.22%), Vitamin B2: 0.19mg (11.23%), Vitamin B3: 2.13mg (10.66%), Phosphorus: 96.01mg (9.6%), Iron: 1.73mg (9.59%), Fiber: 1.81g (7.24%), Vitamin K: 5.77µg (5.5%), Vitamin B6: 0.11mg (5.46%), Potassium: 151.74mg (4.34%), Copper: 0.08mg (4.03%), Magnesium: 15.68mg (3.92%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.4mg (2.64%), Vitamin D: 0.35µg (2.31%), Vitamin B12: 0.13µg (2.2%)