



## Potato and Onion Flat Bread

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 servings cornmeal for the skillet
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 pound pizza dough refrigerated
- ☐ 1 tablespoon rosemary needles whole
- ☐ 1 baking potatoes peeled thinly sliced
- ☐ 1 small onion yellow thinly sliced into circles

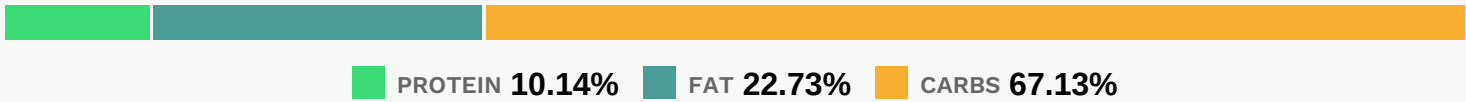
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ rolling pin

## Directions

- ☐ Heat oven to 450 F.
- ☐ Heat the oil in a large cast-iron skillet over medium heat.
- ☐ Add the onion and cook until golden, 5 to 7 minutes.
- ☐ Transfer the onion to a bowl.
- ☐ Add the potato, rosemary, salt, and pepper and toss; set aside. Wipe out skillet, turn it upside down, and sprinkle the bottom with the cornmeal.
- ☐ Place the dough on a work surface. With your hands or a rolling pin, gently shape the dough into a round the same size as the skillet.
- ☐ Place the dough on the bottom of the skillet. Arrange the potato mixture evenly over the dough, leaving a 1-inch border.
- ☐ Bake until the crust is golden brown, about 20 minutes. Slice into wedges.

## Nutrition Facts



## Properties

Glycemic Index:47.04, Glycemic Load:9.7, Inflammation Score:-2, Nutrition Score:4.1460869720449%

## 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: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 299.65kcal (14.98%), Fat: 7.69g (11.83%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 51.12g (17.04%), Net Carbohydrates: 48.22g (17.54%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 937.08mg (40.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Iron: 2.81mg (15.58%), Fiber: 2.9g (11.59%), Vitamin B6: 0.2mg (10.08%), Manganese: 0.15mg (7.64%), Potassium: 201.69mg (5.76%), Magnesium: 20.92mg (5.23%), Vitamin E: 0.72mg (4.77%), Phosphorus: 45.77mg (4.58%), Vitamin B1: 0.07mg (4.42%), Vitamin C: 3.09mg (3.75%), Vitamin K: 3.65µg (3.48%), Copper: 0.07mg (3.43%), Vitamin B3: 0.63mg (3.16%), Zinc: 0.45mg (2.97%), Folate: 11.62µg (2.91%), Vitamin B5: 0.18mg (1.82%), Vitamin B2: 0.03mg (1.51%), Calcium: 12.82mg (1.28%), Selenium: 0.82µg (1.17%)