



## Red Onion and Gorgonzola Flatbread

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



78 kcal

BREAD

### Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 4 ounces gorgonzola blue crumbled
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 teaspoon chile flakes red
- ☐ 1 medium onion red

- ☐ 2 teaspoons salt divided
- ☐ 1 cup semolina flour

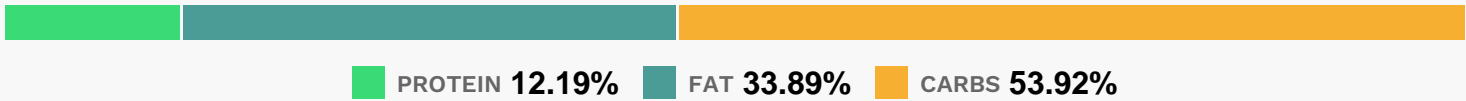
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

## Directions

- ☐ In a large bowl, dissolve yeast in 1 cup warm water (about 100°).
- ☐ Let sit until foamy, about 5 minutes. Stir in flours, 2 tbsp. oil, and 1 tsp. salt. (Dough will be stiff.) Cover bowl with plastic wrap and let sit in a warm place to rise until 1 1/2 times its original volume, about 1 hour.
- ☐ Meanwhile, halve onion lengthwise, peel, and thinly slice. In a bowl, combine onion and rosemary with remaining 2 tbsp. oil, the vinegar, remaining 1 tsp. salt, and the chile flakes. Cover; set aside.
- ☐ Preheat oven to 450°.
- ☐ Lightly sprinkle 2 baking sheets with semolina and set aside. Turn risen dough out onto a floured surface. Knead dough just until it feels smooth, about 10 times. Divide into 32 balls. Set 16 balls aside and cover with plastic wrap; roll the others as thinly as possible. Put 8 rounds on each baking sheet. Top each with a scant 1 tbsp. onion mixture and 1 1/2 tsp. blue cheese.
- ☐ Bake until browned and sizzling, about 15 minutes. Repeat with remaining dough balls, onion mixture, and cheese.
- ☐ Serve hot or warm.
- ☐ Wine pairing: Chateau Ste. Michelle Cold Creek Vineyard Riesling 2006 (Columbia Valley; \$14.95)

## Nutrition Facts



## Properties

Glycemic Index:7.28, Glycemic Load:6.45, Inflammation Score:-2, Nutrition Score:2.9021738699597%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 78.46kcal (3.92%), Fat: 2.93g (4.5%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.93g (3.61%), Sugar: 0.34g (0.37%), Cholesterol: 2.66mg (0.89%), Sodium: 187.35mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Selenium: 7.9µg (11.28%), Vitamin B1: 0.13mg (8.73%), Folate: 31.09µg (7.77%), Vitamin B2: 0.09mg (5.43%), Manganese: 0.09mg (4.7%), Vitamin B3: 0.91mg (4.55%), Iron: 0.64mg (3.57%), Phosphorus: 32.02mg (3.2%), Calcium: 22.31mg (2.23%), Fiber: 0.55g (2.21%), Vitamin E: 0.29mg (1.95%), Vitamin B5: 0.16mg (1.61%), Zinc: 0.23mg (1.54%), Magnesium: 5.69mg (1.42%), Copper: 0.03mg (1.29%), Vitamin K: 1.21µg (1.15%), Vitamin B6: 0.02mg (1.15%), Potassium: 36.52mg (1.04%)