



Roasted Garlic and Asiago Flatbread



Dairy Free

READY IN



23 min.

SERVINGS



12

CALORIES



85 kcal

Ingredients

- ☐ 2 ounces mozzarella and asiago with roasted garlic cheese blend (such as sargento)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 11 ounce bread dough refrigerated french canned (such as Pillsbury)
- ☐ 1 tablespoon olive oil extravirgin divided
- ☐ 1.5 tablespoons bottled roasted garlic minced

Equipment

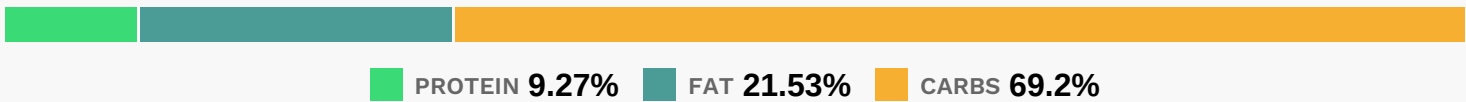
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Unroll dough onto a baking sheet coated with 1 teaspoon oil; pat dough into a 16 x 12-inch rectangle.
- ☐ Combine remaining 2 teaspoons oil and garlic, and brush over dough.
- ☐ Sprinkle with cheese and pepper.
- ☐ Bake at 375 for 13 minutes or until golden brown.
- ☐ Remove from pan; cool 5 minutes on a wire rack.
- ☐ Cut into 12 equal pieces.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:1.0286956529902%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 85.25kcal (4.26%), Fat: 1.96g (3.01%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 13.52g (4.92%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 123.23mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Manganese: 0.11mg (5.32%), Vitamin B6: 0.07mg (3.56%), Fiber: 0.65g (2.59%), Vitamin C: 1.79mg (2.17%), Selenium: 0.82µg (1.17%), Vitamin E: 0.17mg (1.16%), Calcium: 10.74mg (1.07%)