



WHATSHATE



Sausage & Potato Flat Bread with Mustard Greens

READY IN



45 min.

SERVINGS



8

CALORIES



431 kcal

Ingredients

- ☐ 1.8 teaspoon active yeast dry (from one)
- ☐ 4.5 bread flour plus more for surface
- ☐ 8 servings coarse salt and pepper freshly ground to taste
- ☐ 1 pound sausage italian
- ☐ 4 cup lightly mustard greens packed
- ☐ 1 tablespoon olive oil extra-virgin plus more for brushing and drizzling
- ☐ 8 servings very olive oil good for drizzling
- ☐ 1 cup parmesan cheese grated
- ☐ 8 servings parsley italian roughly chopped

- ☐ 1 cup baking potatoes raw grated peeled
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cup water (110 degrees f)

Equipment

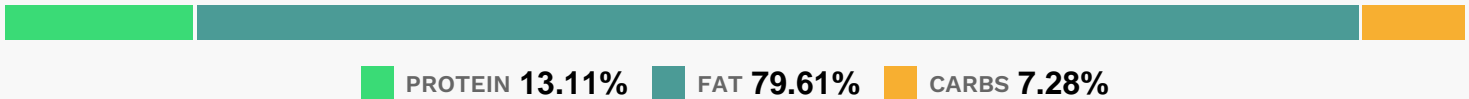
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ pizza stone

Directions

- ☐ Combine yeast and water in a mixer bowl.
- ☐ Let stand until foamy, about 5 minutes.
- ☐ Add oil, sugar, and salt.
- ☐ Mix with the dough hook on medium speed until well combined. Reduce speed to low. With the machine running, add flour, a little at a time, and mix until dough comes together.
- ☐ Transfer dough to a lightly floured work surface, and knead until smooth and supple, 10 to 15 minutes.
- ☐ Transfer to an oiled bowl, and cover with plastic wrap. Refrigerate for at least 4 hours (or overnight).
- ☐ Remove dough from refrigerator, and bring to room temperature.
- ☐ Place a pizza stone onto the center rack of the oven. Preheat oven to 500 degrees. Topping: Melt butter with oil in a medium skillet over medium heat.
- ☐ Add leeks and scallions; season with salt and pepper. Cook, stirring occasionally, until softened, about 5 minutes.

- ☐ Transfer to a bowl.
- ☐ Add Italian sausage to the same skillet, and set over medium-high heat. Cook, stirring and breaking meat into small pieces, until browned, 6 to 7 minutes. Divide dough into 4 portions. On a lightly floured surface, gently stretch 2 pieces into 15-by-6-inch rounded rectangles; keep other portions covered.
- ☐ Place dough rectangles on a parchment-lined peel or inverted rimmed baking sheet.
- ☐ Brush with oil, and spread each with ¼ of the leek mixture, leaving a ½-inch border. Top that with ¼ of the mustard greens, ¼ of the sausage, ¼ of the grated potato, and then sprinkle with ¼ of the parmesan. Season with salt and pepper. Carefully slide parchment with flatbreads off the peel or sheet onto the pizza stone.
- ☐ Bake until flatbreads are golden brown, 10 to 12 minutes. Repeat with remaining dough.
- ☐ Garnish flatbreads with fresh chopped Italian parsley, and a drizzle of olive oil.
- ☐ Cut into thick slices, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.61, Glycemic Load:4.36, Inflammation Score:-8, Nutrition Score:17.193043390046%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg Kaempferol: 10.78mg, Kaempferol: 10.78mg, Kaempferol: 10.78mg, Kaempferol: 10.78mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 430.79kcal (21.54%), Fat: 38.39g (59.06%), Saturated Fat: 11.53g (72.09%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 6.44g (2.34%), Sugar: 2.12g (2.36%), Cholesterol: 55.35mg (18.45%), Sodium: 1111.81mg (48.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.45%), Vitamin K: 148µg (140.95%), Vitamin C: 27.12mg (32.88%), Vitamin B1: 0.44mg (29.57%), Vitamin A: 1325.24IU (26.5%), Selenium: 17.51µg (25.01%), Phosphorus: 201.44mg (20.14%), Calcium: 201.32mg (20.13%), Vitamin E: 2.93mg (19.55%), Vitamin B6: 0.31mg (15.53%), Vitamin B3: 2.63mg (13.13%), Vitamin B2: 0.21mg (12.12%), Vitamin B12: 0.67µg (11.16%), Zinc: 1.59mg (10.62%), Potassium: 370.59mg (10.59%), Iron: 1.75mg (9.74%), Folate: 33.64µg (8.41%), Magnesium: 29.86mg (7.46%), Copper: 0.14mg (6.75%), Fiber: 1.47g (5.87%), Vitamin B5: 0.57mg (5.73%), Manganese: 0.08mg (3.96%)