



WHATSheATE



HEALTH SCORE

66%

Shrimp, Artichoke and Fresh Ricotta Flatbread



Very Healthy

READY IN



145 min.

SERVINGS



1

CALORIES



2985 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 4 cups bread flour for dusting plus more
- ☐ 1 serving flour
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 serving kosher salt and freshly cracked pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup marinated artichoke chopped

- ☐ 1 serving olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon oregano plus more for garnish chopped
- ☐ 0.5 cup ricotta cheese
- ☐ 0.3 cup roasted pepper red chopped
- ☐ 2 teaspoons salt
- ☐ 0.3 pound shrimp deveined peeled
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1.8 cups warm water 105 to 110 degrees F

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ kitchen towels
- ☐ measuring cup
- ☐ grill pan

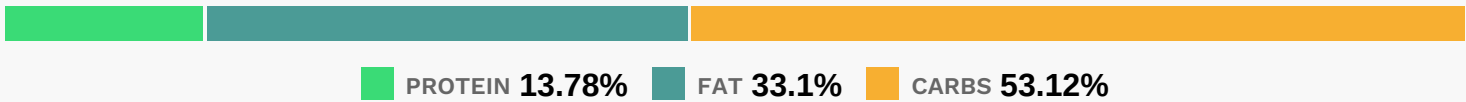
Directions

- ☐ Preheat a cast-iron grill pan or outdoor grill to high heat.
- ☐ Melt the butter in a saute pan over medium heat, add the shrimp and garlic and saute until the shrimp are pink and cooked through, about 2 minutes. Toss the shrimp with the chopped parsley. Set aside to cool and then chop the shrimp.
- ☐ Turn the dough out onto a floured work surface and stretch and press with your hands to form a thin, rectangular shape. If you need to, pick up the dough and let the natural weight of the dough stretch itself out. It doesn't need to be perfect, matter of fact its better when it's

not. Once you have the dough in the shape you like, brush one side of the dough with olive oil and lay that side down flat onto the preheated grill. Cook the dough until it is charred and has a crisp texture, about 5 minutes, brush the other side with some oil and then flip the dough and char the second side. Once the bread is charred and cooked, remove it from the grill and assemble the flatbread.

- ☐ Spread the ricotta onto the flatbread and sprinkle the oregano over the entire surface. Top with the artichokes, red peppers and shrimp and sprinkle the entire thing with lemon juice. Season with salt and pepper.
- ☐ Serve and enjoy!
- ☐ In a liquid measuring cup, combine the warm water, yeast and sugar. Allow the yeast to dissolve and bloom, about 5 minutes. Once bloomed, add the olive oil.
- ☐ Meanwhile, in the bowl of a stand mixer fitted with the paddle attachment, combine the flour and salt. Stream in the water/yeast mixture and as the dough begins to come together, switch to a dough hook attachment. Allow the dough to knead, adding a bit more flour if needed, so that the dough releases from the sides of the bowl, 1 to 3 minutes. You should be able to touch the dough and not have the dough stick to your fingers. Once the dough has kneaded and has pulled away from the sides of the bowl, remove the dough from bowl to a floured work surface and, with floured hands, continue to knead it by hand for 1 to 2 minutes. Then form the dough into a round ball and place it into a large bowl sprayed with nonstick spray. Cover the bowl with plastic wrap or a clean dish towel and let the dough rise in a warm area of your kitchen until it doubles in size, 1 1/2 to 2 hours. After the dough has risen it is ready to be cooked however you'd like!
- ☐ Cook's Notes: This dough is wet dough, keep bench flour at the ready and make sure to flour your hands when working with the dough. Trust your gut as a chef, if the dough is too wet, add more flour, if it is too stiff, add a little water.
- ☐ Sugar is used to feed the yeast which will help the dough to grow. Bread flour will give you a chewier texture because the flour has more gluten. You don't need to use a thermometer to get the water temperature, it should just feel warm to the touch.

Nutrition Facts



Properties

Glycemic Index:306.09, Glycemic Load:246.34, Inflammation Score:-10, Nutrition Score:58.280000417129%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 2985.33kcal (149.27%), Fat: 109.27g (168.11%), Saturated Fat: 34.43g (215.18%), Carbohydrates: 394.63g (131.54%), Net Carbohydrates: 376.65g (136.96%), Sugar: 11.46g (12.73%), Cholesterol: 306.01mg (102%), Sodium: 5796.52mg (252.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.33g (204.66%), Selenium: 221.13µg (315.9%), Manganese: 4.51mg (225.38%), Vitamin K: 135.37µg (128.93%), Phosphorus: 1011.3mg (101.13%), Folate: 387.95µg (96.99%), Vitamin B1: 1.29mg (85.77%), Copper: 1.6mg (80.08%), Vitamin E: 11.85mg (78.98%), Fiber: 17.98g (71.91%), Vitamin C: 45.71mg (55.41%), Calcium: 552.64mg (55.26%), Zinc: 8.22mg (54.81%), Vitamin B2: 0.92mg (54.22%), Magnesium: 211.23mg (52.81%), Iron: 9.28mg (51.55%), Vitamin A: 2367.87IU (47.36%), Vitamin B3: 8.94mg (44.72%), Vitamin B5: 3.61mg (36.13%), Potassium: 1204.1mg (34.4%), Vitamin B6: 0.55mg (27.69%), Vitamin B12: 0.47µg (7.9%), Vitamin D: 0.67µg (4.45%)