



Spinach and Cheese Flatbread

 Vegetarian

READY IN



165 min.

SERVINGS



8

CALORIES



247 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1.5 cups baby spinach loosely packed
- ☐ 2.3 cups flour for dusting all-purpose plus more
- ☐ 6 ounces fontina grated
- ☐ 1 bell pepper green thinly sliced
- ☐ 1 pinch kosher salt
- ☐ 1.5 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 0.8 teaspoon salt fine

- ☐ 4 scallions white green separated thinly sliced
- ☐ 2 teaspoons sugar

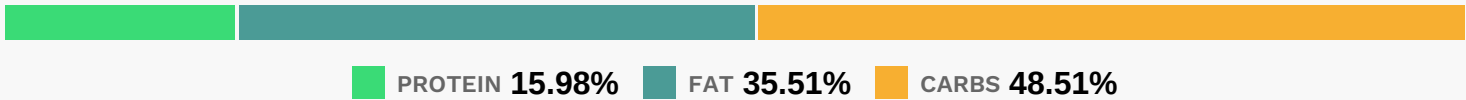
Equipment

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

Directions

- ☐ Combine 1 cup warm water (110 degrees F), the sugar and yeast in a large bowl.
- ☐ Let stand until foamy, about 5 minutes.
- ☐ Add 1 tablespoon olive oil, the flour and fine salt; stir to form a sticky dough. Turn out onto a floured surface and knead until smooth, about 10 minutes, dusting with flour.
- ☐ Brush a large bowl with olive oil; add the dough, loosely cover with plastic wrap and set aside until doubled in size, about 1 hour, 30 minutes.
- ☐ Brush a rimmed baking sheet with olive oil. Stretch the dough on the baking sheet. Cover with a towel; set aside until doubled, 30 minutes.
- ☐ Preheat the oven to 475 degrees F. Scatter the cheese, bell pepper and scallion whites over the dough.
- ☐ Bake until the crust is golden, 15 to 18 minutes. Toss the spinach and scallion greens with the remaining 1/2 tablespoon olive oil and the sea salt.
- ☐ Sprinkle over the flatbread; bake 2 more minutes.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:30.76, Glycemic Load:20.36, Inflammation Score:-7, Nutrition Score:12.090869525205%

Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 246.8kcal (12.34%), Fat: 9.71g (14.94%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 28.13g (10.23%), Sugar: 1.94g (2.16%), Cholesterol: 24.66mg (8.22%), Sodium: 400.02mg (17.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Vitamin K: 42.93µg (40.89%), Vitamin B1: 0.39mg (26.27%), Folate: 102.58µg (25.65%), Selenium: 15.17µg (21.67%), Vitamin C: 14.67mg (17.78%), Vitamin A: 836.44IU (16.73%), Manganese: 0.32mg (16.22%), Vitamin B2: 0.27mg (16.02%), Calcium: 134.03mg (13.4%), Vitamin B3: 2.61mg (13.04%), Phosphorus: 125.13mg (12.51%), Iron: 2.01mg (11.16%), Zinc: 1.13mg (7.56%), Fiber: 1.72g (6.88%), Vitamin B12: 0.36µg (5.96%), Vitamin B6: 0.09mg (4.72%), Magnesium: 18.33mg (4.58%), Vitamin E: 0.66mg (4.39%), Copper: 0.08mg (4.11%), Vitamin B5: 0.39mg (3.88%), Potassium: 133.76mg (3.82%)