



Tomato and Red Onion Flatbread

READY IN



30 min.

SERVINGS



8

CALORIES



309 kcal

Ingredients

- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 2 tablespoons olive oil
- ☐ 1 cup creamy pimiento cheese (from 6.5-oz container)
- ☐ 4 oz asiago cheese shredded
- ☐ 4 small tomatoes sliced
- ☐ 0.5 medium onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons basil fresh

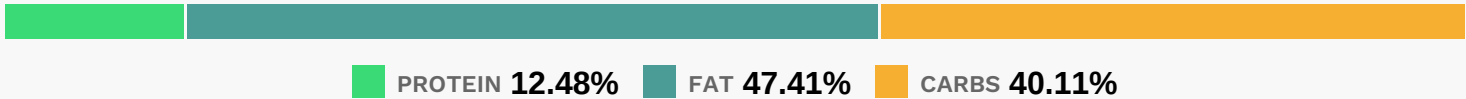
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with cooking parchment paper. Unroll dough on cookie sheet; brush with 1 tablespoon of the olive oil.
- ☐ Bake 8 minutes.
- ☐ Remove from oven.
- ☐ Spread cheese spread over partially baked crust.
- ☐ Sprinkle with Asiago cheese. Arrange tomatoes and onion over cheese.
- ☐ Sprinkle salt over tomatoes; sprinkle pepper over entire flatbread.
- ☐ Bake 10 minutes longer or until cheese is melted.
- ☐ Remove from oven. Top with basil; drizzle with remaining tablespoon olive oil.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:5.7478261240151%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 309.47kcal (15.47%), Fat: 15.77g (24.26%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 28.59g (10.4%), Sugar: 7.32g (8.14%), Cholesterol: 25.77mg (8.59%), Sodium:

1035.14mg (45.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.68%), Calcium: 283.22mg (28.32%), Vitamin A: 798.58IU (15.97%), Phosphorus: 111.81mg (11.18%), Vitamin C: 8.81mg (10.68%), Iron: 1.62mg (9.03%), Vitamin K: 9.18µg (8.75%), Fiber: 1.42g (5.7%), Vitamin E: 0.79mg (5.26%), Selenium: 3.23µg (4.61%), Manganese: 0.08mg (4.03%), Potassium: 134.02mg (3.83%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.49mg (3.24%), Magnesium: 12.52mg (3.13%), Vitamin B6: 0.06mg (2.94%), Vitamin B12: 0.17µg (2.83%), Folate: 9.64µg (2.41%), Copper: 0.04mg (1.89%), Vitamin B1: 0.03mg (1.72%), Vitamin B3: 0.32mg (1.62%), Vitamin B5: 0.12mg (1.16%)