



Two-Potato Flatbread with Olives and Feta

READY IN



70 min.

SERVINGS



30

CALORIES



184 kcal

Ingredients

- ☐ 2 baking potatoes peeled sliced
- ☐ 0.5 cup feta cheese crumbled
- ☐ 30 servings olive oil extra-virgin
- ☐ 6 picholine olives pitted quartered
- ☐ 12 ounces pizza dough store-bought
- ☐ 30 servings salt and pepper black freshly ground
- ☐ 2 sweet potatoes peeled sliced

Equipment

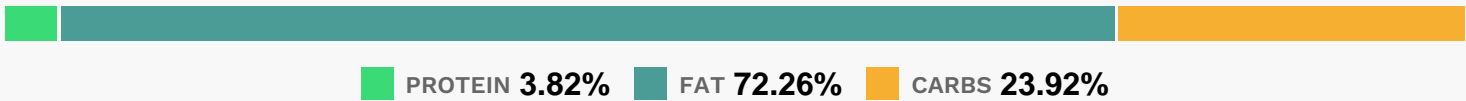
- ☐ baking sheet

- ☐ oven
- ☐ pizza stone

Directions

- ☐ Set a pizza stone on the bottom of the oven and preheat the oven to 40
- ☐ Spread the baking potato slices on a large rimmed baking sheet in a single layer.
- ☐ Brush with olive oil and season with salt and black pepper. Invert another rimmed baking sheet on top of the first one and bake the potatoes for about 5 minutes, until just tender; transfer to a plate. Repeat with the sweet potatoes, inverting the baking sheet on top and baking for 7 minutes, until just tender.
- ☐ Increase the oven temperature to 500 and heat the pizza stone for 30 minutes.
- ☐ On a lightly floured work surface, roll and stretch the pizza dough into a 10-by-12-inch rectangle.
- ☐ Transfer the rectangle to a floured pizza peel and brush the dough generously with olive oil. Arrange the potato slices on the dough and brush with olive oil. Top with the feta cheese and olives.
- ☐ Slide the flatbread onto the hot pizza stone and bake for about 7 minutes, until golden brown and crisp.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:3.55, Inflammation Score:-8, Nutrition Score:4.5521739309897%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 183.87kcal (9.19%), Fat: 15.03g (23.13%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.34g (3.76%), Sugar: 1.43g (1.58%), Cholesterol: 2.22mg (0.74%), Sodium: 132.26mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Vitamin A: 2151.89IU (43.04%), Vitamin E: 2.09mg

(13.95%), Vitamin K: 9.17µg (8.74%), Vitamin B6: 0.09mg (4.58%), Manganese: 0.07mg (3.73%), Iron: 0.63mg (3.49%), Fiber: 0.86g (3.43%), Potassium: 113.34mg (3.24%), Phosphorus: 23.51mg (2.35%), Vitamin B2: 0.04mg (2.07%), Copper: 0.04mg (2.02%), Calcium: 19.69mg (1.97%), Magnesium: 7.77mg (1.94%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.03mg (1.83%), Vitamin C: 1.17mg (1.42%), Vitamin B3: 0.26mg (1.29%), Folate: 4.49µg (1.12%), Zinc: 0.16mg (1.07%)