



White Bean Flatbreads with Prosciutto and Cheese

READY IN



7 min.

SERVINGS



7

CALORIES



367 kcal

Ingredients

- ☐ 0.3 cup roasted almonds salted chopped
- ☐ 15 ounces .5 can cannellini beans drained and rinsed canned
- ☐ 1 teaspoon pepper red crushed
- ☐ 1.5 cups imported fontina cheese shredded
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 4 pocketless pitas
- ☐ 2 ounces pancetta sliced chopped
- ☐ 1 teaspoon rosemary chopped

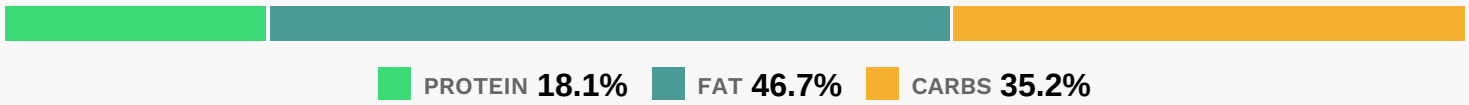
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat a large skillet; preheat the broiler. Position a rack 6 inches from the heat.
- ☐ Brush the pitas on both sides with the 2 tablespoons of oil. Cook in the skillet over high heat until browned, 3 minutes. In a bowl, mash the beans with the red pepper, rosemary and prosciutto; spread on the pitas. Top with the almonds and cheese and transfer the skillet to the broiler. Broil for 2 minutes, until the cheese is melted and the pitas are golden.
- ☐ Drizzle with oil, cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:19.86, Inflammation Score:-5, Nutrition Score:11.434782562453%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 366.85kcal (18.34%), Fat: 19.16g (29.48%), Saturated Fat: 7.36g (46.01%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 28.14g (10.23%), Sugar: 0.86g (0.95%), Cholesterol: 38.16mg (12.72%), Sodium: 459.29mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.42%), Manganese: 0.59mg (29.67%), Calcium: 242.75mg (24.27%), Phosphorus: 221.29mg (22.13%), Fiber: 4.36g (17.46%), Vitamin E: 2.58mg (17.22%), Zinc: 2.21mg (14.71%), Magnesium: 58.48mg (14.62%), Iron: 2.63mg (14.6%), Copper: 0.26mg (13.04%), Folate:

51.24µg (12.81%), Vitamin B1: 0.18mg (12.22%), Potassium: 391.52mg (11.19%), Vitamin B2: 0.18mg (10.51%), Selenium: 6.97µg (9.96%), Vitamin B12: 0.52µg (8.59%), Vitamin A: 346.46IU (6.93%), Vitamin B3: 1.34mg (6.7%), Vitamin B6: 0.11mg (5.73%), Vitamin K: 5.21µg (4.96%), Vitamin B5: 0.43mg (4.32%), Vitamin D: 0.2µg (1.35%)