



Zucchini and Olive Flatbread

READY IN



35 min.

SERVINGS



6

CALORIES



336 kcal

Ingredients

- ☐ 0.5 cup olives black pitted sliced
- ☐ 1 tablespoon olive oil plus extra extra-virgin for drizzling
- ☐ 2 tablespoons oregano leaves fresh divided chopped
- ☐ 2.5 ounces pecorino cheese grated
- ☐ 1 pound pizza dough
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 8 ounce zucchini trimmed cut into 1/8-inch slices

Equipment

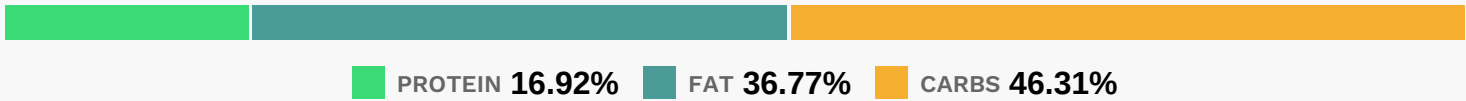
- ☐ oven

☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the lower third of the oven. Preheat the oven to 450 degrees F.
- ☐ On a lightly floured work surface, roll out the dough into a 12-inch circle. With a pastry brush, brush 1 tablespoon of the oil over the dough. Using the tines of a fork, prick the dough all over. Arrange the zucchini slices in a single layer on top of the dough.
- ☐ Drizzle the zucchini with oil.
- ☐ Bake the dough for 18 to 20 minutes until the edges begin to brown.
- ☐ Remove the bread from the oven, sprinkle with 1 tablespoon of oregano, the cheeses, and the olives.
- ☐ Bake for 5 to 7 minutes until the cheeses are melted and bubbly.
- ☐ Sprinkle the flatbread with the remaining oregano, cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:7.5608695538148%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 336.17kcal (16.81%), Fat: 14g (21.53%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 39.66g (13.22%), Net Carbohydrates: 37.07g (13.48%), Sugar: 6.04g (6.71%), Cholesterol: 27.22mg (9.07%), Sodium: 985.81mg (42.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.98%), Calcium: 259.66mg (25.97%), Phosphorus: 173.96mg (17.4%), Iron: 3.04mg (16.87%), Vitamin K: 14.24µg (13.57%), Fiber: 2.59g (10.37%), Vitamin B12: 0.56µg (9.39%), Vitamin B2: 0.14mg (8.37%), Vitamin C: 6.8mg (8.25%), Manganese: 0.16mg (7.91%), Vitamin E: 1.18mg (7.85%), Selenium: 5.18µg (7.4%), Zinc: 1.03mg (6.85%), Vitamin A: 324.94IU (6.5%), Magnesium: 21.16mg (5.29%), Vitamin B6: 0.1mg (4.98%), Potassium: 148.93mg (4.26%), Folate: 15.51µg (3.88%), Copper: 0.05mg (2.49%), Vitamin B1: 0.03mg (2.16%), Vitamin B5: 0.17mg (1.72%), Vitamin B3: 0.3mg (1.52%)