



Zucchini, Walnut, and Blue Cheese Flatbreads

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 ounces cheese blue crumbled
- ☐ 4 servings flatbread dough
- ☐ 0.5 cup green onions thinly sliced
- ☐ 2 tablespoons teaspoons oregano dried fresh chopped
- ☐ 0.7 cup part-skim ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts chopped
- ☐ 5 cups zucchini thinly sliced 4 zucchini

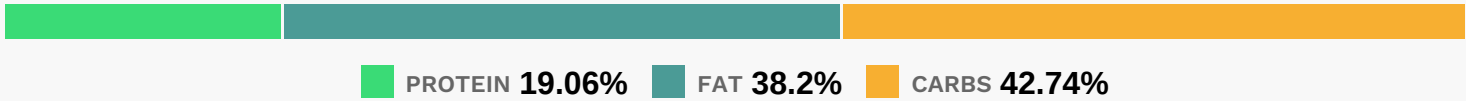
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Prepare Flatbread Dough; let rise and shape into 4 ovals on baking sheets as directed. Cover and set aside.
- ☐ Preheat oven to 47
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add zucchini, salt, and pepper; saut 8 minutes.
- ☐ Add onions and walnuts; saut 1 minute.
- ☐ Combine ricotta cheese and blue cheese in a small bowl.
- ☐ Divide half of zucchini mixture evenly among 4 flatbread dough ovals; dot evenly with cheese mixture. Top with remaining zucchini mixture and oregano.
- ☐ Bake at 475 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:21.68, Inflammation Score:-10, Nutrition Score:18.021304317143%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 302.19kcal (15.11%), Fat: 13.22g (20.33%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 28.94g (10.52%), Sugar: 4.66g (5.18%), Cholesterol: 23.44mg (7.81%), Sodium: 734.96mg (31.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.67%), Vitamin K: 49.11µg (46.78%), Manganese: 0.88mg (44.16%), Vitamin C: 30.25mg (36.66%), Calcium: 303.29mg (30.33%), Phosphorus: 262.02mg (26.2%), Vitamin B2: 0.35mg (20.56%), Folate: 78.39µg (19.6%), Vitamin B6: 0.37mg (18.57%), Potassium: 640.47mg (18.3%), Fiber: 4.34g (17.36%), Magnesium: 68.79mg (17.2%), Copper: 0.31mg (15.67%), Vitamin B1: 0.23mg (15.05%), Iron: 2.69mg (14.95%), Vitamin A: 746.17IU (14.92%), Zinc: 2.11mg (14.05%), Selenium: 9.82µg (14.03%), Vitamin B3: 2mg (9.99%), Vitamin B5: 0.9mg (8.96%), Vitamin E: 0.83mg (5.52%), Vitamin B12: 0.29µg (4.88%)