

Cheesy Zucchini and Red Onion Flatbread

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-italian-flat-bread-recipe>

Ingredients:

- vegetable oil spray Nonstick
- 10 ounces refrigerated pizza dough tube
- 3/4 cup garlic and herb cheese spread such as Alouette, divided
- 3/4 cup grated Parmesan cheese finely, divided
- 3 tablespoons Italian parsley chopped fresh, divided
- 1 red onion small
- 1 zucchini 7- to 8-inch-long, yellow or green, cut crosswise into 1/8-inch-thick rounds, divided
- olive oil

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 45 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 10 grams
8. Sodium: 480 milligrams
9. Sugar: 4 grams

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