

health-score 78%

Very Healthy

All Dressed G Style Pizza

READY IN

ready

435 min.

SERVINGS

servings

3

CALORIES

calories

1174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach julienned
- ☐ 0.5 teaspoon chili flakes hot
- ☐ 1 tablespoon basil dried
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 5 basil leaves fresh
- ☐ 0.5 cup parsley leaves fresh minced
- ☐ 3 cloves garlic minced
- ☐ 0.5 cup kalamata olives roughly chopped

- ☐ 8 ounces mozzarella di bufala sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmigiano finely grated
- ☐ 0.5 cup pecorino grated
- ☐ 3 servings freshly cracked pepper
- ☐ 1 teaspoon sugar raw
- ☐ 4 ounces salami di genoa sliced
- ☐ 1 teaspoon sea salt
- ☐ 3.5 cups san marzano tomatoes
- ☐ 10 ounces warm water
- ☐ 1 cup flour whole wheat
- ☐ 1 teaspoon yeast
- ☐ 1 tablespoon lard
- ☐ 1 tablespoon lard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pizza pan
- ☐ plastic wrap
- ☐ kitchen towels

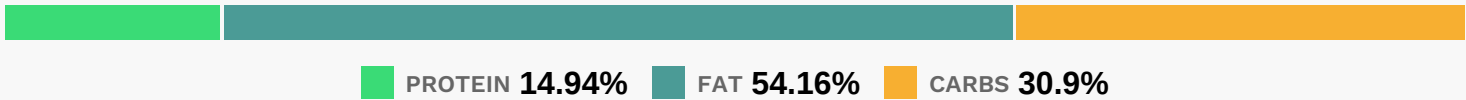
Directions

- ☐ For the tomato sauce: In a large bowl, add the tomatoes, parsley, olive oil, Parmigiano, dried basil, dried oregano, chili flakes, fresh basil, garlic and lots of cracked pepper, and crush with

hands to mix. Cover and let sit in the fridge for 3 hours to overnight.

- ☐ For the dough: In a medium bowl, mix the yeast with the warm water and let sit for 5 minutes.
- ☐ Add 2 tablespoons olive oil, salt and sugar and whisk. Set aside.
- ☐ In a large bowl, mix the all-purpose and whole wheat flours. Make a hole in the middle and pour in the yeast mixture. Slowly hand mix the flour until all the liquid is absorbed. If too wet, add more flour, 1/4 cup at a time.
- ☐ Sprinkle a clean work station with flour and knead the dough until smooth and elastic. Coat a large ceramic bowl with the remaining olive oil.
- ☐ Place the dough in the ceramic bowl and flip over to coat in the oil. Cover the top of the dough with plastic wrap and cover the bowl with a dish towel.
- ☐ Let rise until the dough has doubled in size, 2 hours. Punch down the dough and let rise for another hour.
- ☐ Preheat the oven to 475 degrees F.
- ☐ Grease the pizza pan with the leaf lard. Mold the dough into the shape of the pan. Spoon 2 tablespoons of the sauce onto the dough.
- ☐ Place the pizza on the bottom oven rack for 5 minutes, to pre-crisp the crust. Take out of the oven and add another 1/4 cup of the tomato sauce.
- ☐ Add the mozzarella, salami, olives and pecorino.
- ☐ Place the pizza on the middle oven rack and cook until the cheese is bubbly, 10 to 12 minutes.
- ☐ Remove from the oven. Immediately remove the pizza from the pan and sprinkle with the spinach.
- ☐ Cut into rectangles.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:37.09, Inflammation Score:-10, Nutrition Score:49.806086869343%

Flavonoids

Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg

Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 1174.12kcal (58.71%), Fat: 71.76g (110.39%), Saturated Fat: 23.05g (144.08%), Carbohydrates: 92.1g (30.7%), Net Carbohydrates: 81.48g (29.63%), Sugar: 7.4g (8.23%), Cholesterol: 106.92mg (35.64%), Sodium: 2580.4mg (112.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.54g (89.07%), Vitamin K: 277.33µg (264.12%), Calcium: 2036.1mg (203.61%), Manganese: 2.63mg (131.67%), Vitamin A: 5801.6IU (116.03%), Selenium: 59.64µg (85.2%), Vitamin B1: 1.26mg (83.96%), Folate: 226.11µg (56.53%), Phosphorus: 517.36mg (51.74%), Vitamin C: 41.01mg (49.71%), Vitamin E: 7.45mg (49.66%), Vitamin B3: 9.68mg (48.4%), Iron: 8.56mg (47.53%), Fiber: 10.63g (42.5%), Vitamin B2: 0.7mg (41.39%), Vitamin B6: 0.68mg (33.79%), Magnesium: 134.34mg (33.58%), Potassium: 1030.95mg (29.46%), Zinc: 4.31mg (28.76%), Copper: 0.55mg (27.34%), Vitamin B12: 1.29µg (21.43%), Vitamin B5: 1.39mg (13.89%)