



## Anchovy and White Bean Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



4329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 ounce anchovies drained canned
- 15.8 ounce cannellini beans rinsed drained canned
- 1 garlic clove halved
- 1 tablespoon juice of lemon fresh
- 3 tablespoons olive oil
- 1 tablespoon oregano fresh chopped
- 0.3 cup parmesan cheese shredded
- 0.1 teaspoon pepper
- 2 servings pepper freshly ground

- 12 inch ready-made pizza crust
- 0.5 onion red sliced into thin rings

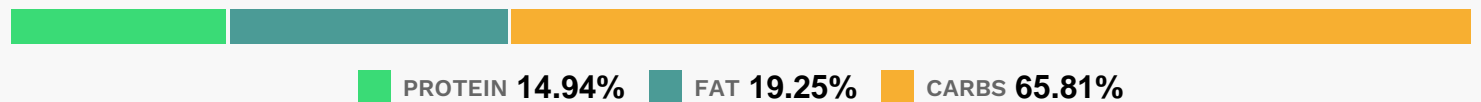
## Equipment

- food processor
- oven

## Directions

- Combine first 5 ingredients in food processor. Pulse until smooth.
- Spread bean mixture evenly over crust. Top with red onion and next 4 ingredients.
- Bake at 450 for 12 to 15 minutes. Top with arugula, if desired.
- Note: For testing we used Mama Mary's Gourmet Pizza Crust.

## Nutrition Facts



## Properties

Glycemic Index:76.5, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:39.776521879694%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 4329.18kcal (216.46%), Fat: 92.34g (142.06%), Saturated Fat: 37.3g (233.15%), Carbohydrates: 710.32g (236.77%), Net Carbohydrates: 677.23g (246.26%), Sugar: 22.05g (24.5%), Cholesterol: 56.69mg (18.9%), Sodium: 9483.45mg (412.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 161.29g (322.59%), Iron: 44.28mg (245.98%), Calcium: 1681.47mg (168.15%), Fiber: 33.09g (132.36%), Selenium: 51.09µg (72.98%), Vitamin B3: 12.52mg (62.59%), Manganese: 1.19mg (59.39%), Phosphorus: 549.14mg (54.91%), Folate: 202.39µg (50.6%), Magnesium: 169.55mg (42.39%), Vitamin E: 5.42mg (36.11%), Potassium: 1194.64mg (34.13%), Vitamin K: 35.76µg

(34.06%), Copper: 0.59mg (29.49%), Vitamin B1: 0.39mg (26.1%), Vitamin B2: 0.41mg (23.85%), Vitamin B6: 0.45mg (22.28%), Zinc: 3.32mg (22.14%), Vitamin B5: 1.27mg (12.73%), Vitamin B12: 0.65µg (10.82%), Vitamin C: 8.37mg (10.15%), Vitamin D: 1.03µg (6.84%), Vitamin A: 165.2IU (3.3%)