



Apple, Goat Cheese, and Pecan Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 8 ounces fuji apple thinly sliced
- ☐ 4 ounces goat cheese crumbled
- ☐ 1.5 teaspoons honey
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 3 tablespoons pecans toasted chopped

☐ 1 pound uncook pizza crust

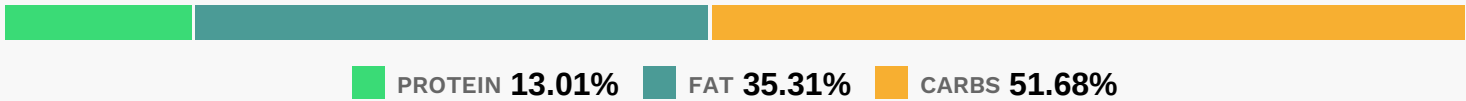
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese.
- ☐ Sprinkle thyme evenly over cheese.
- ☐ Bake at 450 for 8 minutes or until cheese melts and begins to brown.
- ☐ Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk.
- ☐ Add arugula; toss gently to coat.
- ☐ Sprinkle pecans evenly over pizza; top with arugula mixture.
- ☐ Cut pizza into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:5.7134782801504%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg

0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 339.76kcal (16.99%), Fat: 13.53g (20.81%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 41.75g (15.18%), Sugar: 7.06g (7.84%), Cholesterol: 8.69mg (2.9%), Sodium: 491.15mg (21.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.43%), Iron: 2.85mg (15.82%), Manganese: 0.3mg (14.92%), Calcium: 115.54mg (11.55%), Fiber: 2.81g (11.23%), Copper: 0.22mg (10.97%), Vitamin K: 10.04µg (9.56%), Vitamin A: 409.55IU (8.19%), Phosphorus: 72.5mg (7.25%), Vitamin B2: 0.1mg (5.82%), Vitamin C: 4.2mg (5.09%), Vitamin B6: 0.08mg (4.12%), Magnesium: 16.05mg (4.01%), Vitamin B1: 0.06mg (3.95%), Vitamin E: 0.54mg (3.63%), Zinc: 0.47mg (3.16%), Folate: 11.59µg (2.9%), Potassium: 98.81mg (2.82%), Vitamin B5: 0.23mg (2.34%), Selenium: 1.32µg (1.89%), Vitamin B3: 0.22mg (1.09%)