



Apple-Goat Cheese Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula
- ☐ 0.3 cup fig preserves
- ☐ 4 ounces goat cheese crumbled
- ☐ 1 apples i use 2 granny smith apples thinly sliced
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup pecans toasted chopped
- ☐ 11 oz pizza crust dough refrigerated thin canned
- ☐ 0.5 cup onion red thinly sliced

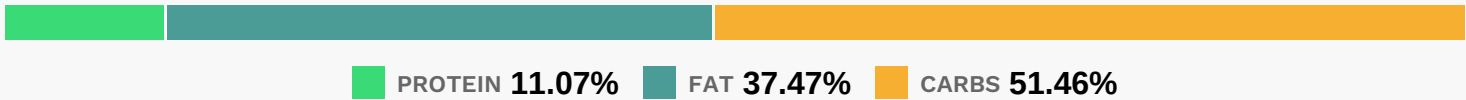
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Unroll dough; pat to an even thickness on a lightly greased baking sheet.
- ☐ Bake 10 to 12 minutes or until lightly browned.
- ☐ Saut apple and onion in hot olive oil in a nonstick skillet until tender.
- ☐ Spread fig preserves over crust. Top with apple mixture and goat cheese.
- ☐ Bake at 450 for 8 to 10 minutes or until cheese is slightly melted. Top with arugula and pecans.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:6.08, Inflammation Score:-3, Nutrition Score:5.5500000093294%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 303.08kcal (15.15%), Fat: 12.96g (19.94%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 37.35g (13.58%), Sugar: 13.54g (15.05%), Cholesterol: 8.69mg (2.9%), Sodium: 451.07mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Manganese: 0.43mg (21.68%), Copper: 0.27mg (13.29%), Iron: 2.15mg (11.96%), Fiber: 2.72g (10.87%), Phosphorus: 82.54mg (8.25%), Vitamin B2: 0.11mg (6.26%), Vitamin A: 295.6IU (5.91%), Vitamin K: 5.79µg (5.51%), Vitamin B1: 0.08mg (5.5%), Vitamin C: 4.07mg (4.93%), Vitamin B6: 0.1mg (4.9%), Calcium: 44.96mg (4.5%), Magnesium: 17.92mg (4.48%), Zinc: 0.61mg (4.04%), Potassium: 112.56mg (3.22%), Folate: 12.13µg (3.03%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.25mg (2.52%), Selenium: 1.17µg (1.67%), Vitamin B3: 0.24mg (1.18%)