



Arugula and Goat Cheese Pizza

READY IN



29 min.

SERVINGS



4

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup baby arugula loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 ounces goat cheese sliced
- ☐ 1 cup grape tomatoes halved
- ☐ 2 teaspoons olive oil divided
- ☐ 8 ounce pizza crust whole-wheat
- ☐ 1 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnuts coarsely chopped

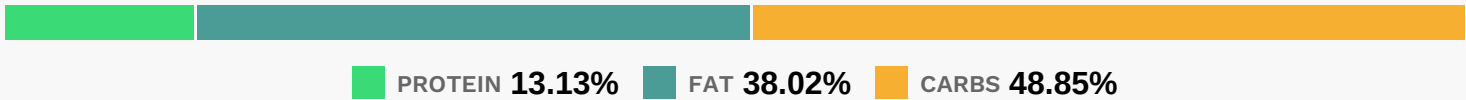
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Toast walnuts on a baking sheet 34 minutes or until fragrant and lightly browned.
- ☐ Transfer immediately to a plate; let cool.
- ☐ Heat 1 teaspoon oil in a nonstick skillet over medium heat; add onion. Cook, stirring occasionally, 68 minutes or until onion is soft and golden.
- ☐ Place crust on a baking sheet coated with cooking spray. Top with walnuts, onion, and tomatoes. Season with salt and pepper; arrange goat cheese on top.
- ☐ Bake for 7 minutes or until crust is golden, crisp, and warmed through. Scatter arugula on top, and drizzle with remaining oil.
- ☐ Let cool slightly before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:6.3778260946274%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 272.16kcal (13.61%), Fat: 11.73g (18.04%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 31.33g (11.39%), Sugar: 3.89g (4.33%), Cholesterol: 4.89mg (1.63%), Sodium: 489.83mg (21.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Manganese: 0.38mg (19.13%), Iron: 2.22mg (12.34%), Copper: 0.24mg (11.81%), Vitamin C: 8.72mg (10.57%), Fiber: 2.56g (10.26%), Vitamin A: 512.05IU (10.24%), Calcium: 93.18mg (9.32%), Vitamin K: 8.99µg (8.56%), Phosphorus: 75.2mg (7.52%), Vitamin B6: 0.15mg (7.34%), Folate: 25.29µg (6.32%), Magnesium: 23.33mg (5.83%), Potassium: 197.24mg (5.64%), Vitamin B1: 0.07mg (4.42%), Vitamin B2: 0.07mg (4.28%), Vitamin E: 0.58mg (3.9%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.21mg (2.14%), Vitamin B3: 0.41mg (2.04%), Selenium: 0.87µg (1.25%)