



## Asparagus and Plum Tomato Pizza

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound asparagus spears thin
- 2 servings pepper fresh black
- 0.5 pound fontina diced
- 2 cups basil fresh packed
- 1 clove garlic peeled smashed
- 0.3 cup olive oil extra-virgin
- 0.5 cup parmesan grated
- 0.3 cup pinenuts toasted

- 1 plum tomatoes diced firm seeded
- 12 inch d foccacia prepared
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## Equipment

- food processor
- bowl
- frying pan
- oven
- pizza pan

## Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Trim tough ends off asparagus, leaving 4 or 5-inch long tender tops of spears.
- Place tops in a small skillet in 1/2-inch of boiling water. Cover the pan and steam asparagus for 2 minutes. Run asparagus under cool water and drain well.
- Cut spears into 1-inch pieces on the diagonal.
- Spread a foccacia with a thin layer of pesto sauce. Dot the top of pizza pie with cubed Fontina cheese.
- Add a scattering of chopped asparagus and diced plum tomatoes.
- Bake directly on oven rack or on a perforated pizza pan.
- Bake foccacia pie for 10 minutes in preheated oven on middle rack or, until the cheese melts and edges of your pizza are crisp and dark golden in color.
- Combine basil, pine nuts, and garlic in a food processor with a drizzle of the olive oil. Blend coarsely, stopping from time to time to scrape down the sides.
- Place in small bowl, and stir in the remaining olive oil (as needed), Parmesan, and pepper, to taste.

## Nutrition Facts



■ PROTEIN 18.53% ■ FAT 76.58% ■ CARBS 4.89%

## Properties

Glycemic Index:128, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:37.588260775027%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg

## Nutrients (% of daily need)

Calories: 927.63kcal (46.38%), Fat: 80.63g (124.04%), Saturated Fat: 30.49g (190.59%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 7.76g (2.82%), Sugar: 5.6g (6.22%), Cholesterol: 148.54mg (49.51%), Sodium: 1313.62mg (57.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.91g (87.82%), Vitamin K: 178.13µg (169.65%), Manganese: 2.03mg (101.7%), Calcium: 998.61mg (99.86%), Phosphorus: 745.19mg (74.52%), Vitamin A: 3617.67IU (72.35%), Vitamin E: 7.47mg (49.78%), Zinc: 6.62mg (44.15%), Vitamin B12: 2.21µg (36.75%), Selenium: 25.08µg (35.83%), Vitamin B2: 0.54mg (31.68%), Copper: 0.59mg (29.5%), Iron: 4.86mg (26.98%), Magnesium: 104.42mg (26.11%), Folate: 94.29µg (23.57%), Vitamin C: 15.52mg (18.81%), Vitamin B1: 0.28mg (18.66%), Potassium: 577.27mg (16.49%), Vitamin B6: 0.32mg (15.84%), Fiber: 3.82g (15.27%), Vitamin B3: 2.5mg (12.5%), Vitamin B5: 1.05mg (10.51%), Vitamin D: 0.81µg (5.37%)