

Beet Salad Pizza

READY IN



28 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula loosely packed
- ☐ 3 tablespoons balsamic vinaigrette
- ☐ 0.3 teaspoon pepper black
- ☐ 3 ounces goat cheese crumbled
- ☐ 5 ounce golden beets peeled
- ☐ 2 tablespoons olive oil
- ☐ 1 ounce parmesan shaved
- ☐ 1 pound pizza dough fresh
- ☐ 2 ounces pancetta shaved

☐ 1 shallots thinly sliced

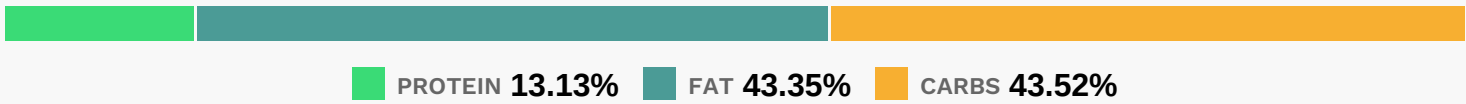
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ pizza pan
- ☐ microwave

Directions

- ☐ Preheat oven to 45
- ☐ Place dough in a microwave-safe bowl; microwave at MEDIUM (50% power) 45 seconds.
- ☐ Let stand for 5 minutes.
- ☐ Roll into 14-inch circle.
- ☐ Place on pizza pan; pierce with fork.
- ☐ Brush with oil.
- ☐ Bake at 450 for 14 minutes.
- ☐ Wrap beet in parchment paper. Microwave at HIGH until tender (about 2 1/2 minutes). Thinly slice.
- ☐ Combine arugula, shallot, beet, vinaigrette, and pepper; arrange on crust with cheeses and prosciutto.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:6.480434772761%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg

4.65mg, Kaempferol: 4.65mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 366.78kcal (18.34%), Fat: 17.85g (27.47%), Saturated Fat: 5.59g (34.96%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 38.17g (13.88%), Sugar: 7.3g (8.11%), Cholesterol: 15.97mg (5.32%), Sodium: 827.13mg (35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Vitamin K: 17.9µg (17.04%), Iron: 2.86mg (15.87%), Folate: 42.15µg (10.54%), Calcium: 104.08mg (10.41%), Vitamin A: 511.64IU (10.23%), Phosphorus: 101.7mg (10.17%), Fiber: 2.16g (8.65%), Manganese: 0.16mg (7.97%), Copper: 0.14mg (7.09%), Vitamin B2: 0.1mg (5.83%), Vitamin E: 0.82mg (5.45%), Vitamin B6: 0.11mg (5.25%), Selenium: 3.62µg (5.17%), Potassium: 167.79mg (4.79%), Magnesium: 18.2mg (4.55%), Vitamin C: 3.49mg (4.23%), Vitamin B1: 0.05mg (3.58%), Zinc: 0.53mg (3.57%), Vitamin B3: 0.58mg (2.91%), Vitamin B5: 0.28mg (2.78%), Vitamin B12: 0.13µg (2.18%)