



Broccoli Pesto Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup lightly basil leaves fresh packed
- 2 cups broccoli frozen cooked chopped fine (is)
- 1 tablespoon cornmeal
- 3 ounces goat cheese soft (chevre)
- 3 tablespoons olive oil extra-virgin
- 0.5 cup parmesan cheese grated
- 0.8 pound pizza dough whole-wheat store-bought at room temperature
- 0.3 teaspoon pepper flakes red
- 4 servings salt and pepper freshly ground

1 large tomatoes

Equipment

food processor

bowl

baking sheet

oven

rolling pin

Directions

Preheat the oven to 475 degrees F. If using frozen broccoli, thaw it according to the directions on the package.

Finely grate the parmesan, then place 1/3 cup into the bowl of a food processor along with the broccoli, 2/3 cup basil, 1/4 teaspoon salt and 1/4 teaspoon pepper. While the processor is running, drizzle in 3 tablespoons olive oil. Process until smooth, scraping down the sides of the bowl as needed.

Sprinkle a work surface with the cornmeal and use a rolling pin and/or your hands to stretch the dough into a 12-inch circle. Spray the baking sheet with cooking spray and place the dough onto it.

Spread the broccoli pesto over the dough, leaving a border for the crust. Scatter the goat cheese over the top of the pesto, then thinly slice the tomato and arrange the slices on top.

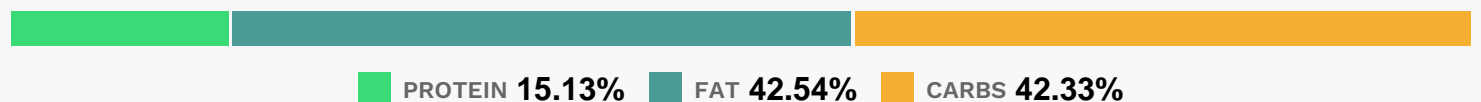
Bake until the cheese and tomatoes are softened and the crust is golden brown, 12 to 14 minutes.

Garnish the pizza with the remaining parmesan, the remaining 1/3 cup basil and the red pepper flakes.

Drizzle with the remaining 2 teaspoons olive oil and slice the pizza into 8 wedges.

Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:15.333043243574%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 441.65kcal (22.08%), Fat: 21.3g (32.78%), Saturated Fat: 7.35g (45.93%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 44.37g (16.13%), Sugar: 7.57g (8.41%), Cholesterol: 18.28mg (6.09%), Sodium: 1106.58mg (48.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Vitamin K: 80.43µg (76.6%), Vitamin C: 46.56mg (56.44%), Vitamin A: 1323.96IU (26.48%), Calcium: 214.4mg (21.44%), Iron: 3.59mg (19.97%), Phosphorus: 190.5mg (19.05%), Vitamin E: 2.27mg (15.14%), Fiber: 3.34g (13.36%), Manganese: 0.26mg (12.78%), Copper: 0.24mg (11.93%), Vitamin B2: 0.19mg (11.2%), Folate: 42.94µg (10.73%), Vitamin B6: 0.2mg (10.23%), Potassium: 292.24mg (8.35%), Magnesium: 29.85mg (7.46%), Selenium: 4.7µg (6.72%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.52mg (5.22%), Vitamin B1: 0.08mg (5.18%), Vitamin B3: 0.81mg (4.04%), Vitamin B12: 0.19µg (3.17%)