



Buffalo Wing Pizza Roll-Up (team Robert version)

READY IN



150 min.

SERVINGS



6

CALORIES



602 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces cheese blue
- ☐ 0.5 cup buffalo wing" sauce with the recipe from the place where buffalo wings were originally invented
- ☐ 0.3 cup cornmeal for pizza stones
- ☐ 4 cups flour all-purpose
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 1 pound ground chicken

- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions chopped
- ☐ 0.3 cup enough as need to thicken the pizza topping if it is too runny instant recommended; Wondra
- ☐ 6 ounce yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 cup chunky tomato sauce 16-ounce can
- ☐ 1.5 cups warm water with a candy thermometer any hotter will kill the yeast – an organic leavener; too cool and the yeast won't be activated
- ☐ 0.3 ounce fast-acting yeast fresh

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen towels
- ☐ immersion blender
- ☐ pizza stone

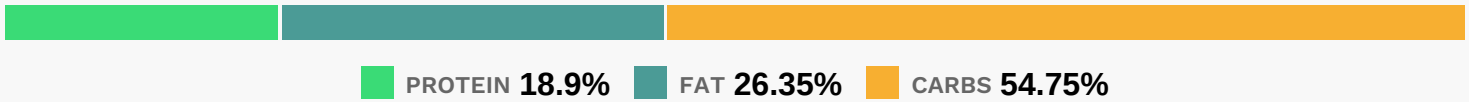
Directions

- ☐ Dissolve salt, sugar, and yeast in the warm water and allow the yeast to proof. ("Proofing" the yeast is testing it for viability. It will develop foam which looks like the head of a beer. If it doesn't proof, the yeast is dead and should be discarded.) Proofing takes about 15 minutes.
- ☐ Place flour in a food processor fitted with a dough blade, and through the feed tube with the food processor running, slowly pour the proofed yeast mixture, until the dough comes

together and is a cohesive mass.

- ☐ Transfer the dough to a floured board, and knead for about 5 minutes.
- ☐ Place in a bowl, cover with a clean dish towel and allow dough to rise, so that it roughly doubles in volume. (This will take about 30 minutes to an hour). The dough has risen enough if you make an indentation with your finger and it does not spring back.) Punch the dough down and allow it to rise again. (Allowing the dough to rise a second time gives it a finer texture.)
Note: It will not rise as much the second time.
- ☐ While the dough is rising, prepare the pizza topping.
- ☐ Heat 1 tablespoon of the oil over medium- high heat in a large saucepan and saute garlic and onions until they begin to soften.
- ☐ Add parsley, salt, and tomatoes. Cook for about 20 minutes to allow flavors to integrate. (Begin the chicken as described below, while the sauce is cooking.)
- ☐ Remove from heat and whisk in instant flour to thicken.
- ☐ Mix with an immersion blender, then set aside briefly.
- ☐ While the sauce is cooking, in a separate fry pan, heat the other tablespoon of olive oil over medium high heat, and brown the ground chicken, breaking up the pieces as it cooks. When the ground chicken has browned, remove from heat, crumble in blue cheese, and stir in buffalo wing sauce and yogurt. Fold this mixture into the tomato sauce. If the mix is absolutely too runny for a pizza topping, add more instant flour.
- ☐ Preheat oven to 450 degrees F. Divide the dough in half and stretch out 2 (14-inch) circles.
- ☐ Transfer them to pizza stones sprinkled with cornmeal. Top with the buffalo chicken pizza topping.
- ☐ Roll up and seal ends.
- ☐ Bake for 15 to 20 minutes, or until the dough is nicely browned.

Nutrition Facts



Properties

Glycemic Index:65.6, Glycemic Load:52.27, Inflammation Score:-7, Nutrition Score:25.387825994388%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 602.42kcal (30.12%), Fat: 17.57g (27.04%), Saturated Fat: 6g (37.5%), Carbohydrates: 82.18g (27.39%), Net Carbohydrates: 77.6g (28.22%), Sugar: 6.88g (7.64%), Cholesterol: 79.33mg (26.44%), Sodium: 2331.09mg (101.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.73%), Vitamin B1: 0.93mg (62%), Selenium: 39.86µg (56.94%), Vitamin B3: 10.41mg (52.04%), Folate: 201.95µg (50.49%), Vitamin B2: 0.78mg (45.96%), Manganese: 0.76mg (37.89%), Iron: 6.38mg (35.43%), Phosphorus: 353.89mg (35.39%), Vitamin B6: 0.62mg (31.13%), Potassium: 783.5mg (22.39%), Vitamin B5: 1.93mg (19.31%), Fiber: 4.58g (18.32%), Zinc: 2.73mg (18.2%), Vitamin K: 16.34µg (15.56%), Magnesium: 59.85mg (14.96%), Calcium: 148.24mg (14.82%), Copper: 0.28mg (13.87%), Vitamin B12: 0.7µg (11.7%), Vitamin E: 1.61mg (10.7%), Vitamin C: 7.23mg (8.76%), Vitamin A: 370.1IU (7.4%)