



 **75%**
HEALTH SCORE

Buona Lisa Pizza

 **Gluten Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



2

CALORIES



1407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 cherry tomatoes halved
- 0.3 cup basil fresh sliced
- 3 cloves garlic; 1 minced sliced
- 4 ounces goat cheese crumbled
- 2 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons pinenuts toasted
- 1 pound pizza dough frozen thawed

- 0.8 cup provolone cheese shredded
- 0.5 cup roasted red yellow thin
- 1.5 cups mozzarella cheese shredded

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pizza stone

Directions

- Place a pizza stone or an inverted rimmed baking sheet on the bottom rack of the oven and preheat to 50
- Toss the roasted peppers, tomatoes, basil and minced garlic with 1 tablespoon olive oil in a bowl; season with salt and pepper. Cook the sliced garlic in the remaining 1 tablespoon olive oil in a small skillet over medium-high heat until golden, about 1 minute. Cool slightly.
- Stretch or roll out the pizza dough into a 12-to-14-inch round on a lightly floured surface. Generously dust a pizza peel or another inverted baking sheet with cornmeal and place the dough on top.
- Drizzle with a little of the garlic oil and season with salt. Top with the mozzarella, provolone and tomato-pepper mixture, then sprinkle with the pine nuts and sliced garlic.
- Slip the pizza onto the preheated pizza stone or baking sheet and cook until the crust is golden and crisp and the cheese is melted, 10 to 15 minutes. Top with goat cheese before slicing.
- Photograph by Kang Kim

Nutrition Facts

  

 PROTEIN **19.25%**  FAT **58.95%**  CARBS **21.8%**

Properties

Glycemic Index:93, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:52.864348017651%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 1406.68kcal (70.33%), Fat: 92.83g (142.82%), Saturated Fat: 39.93g (249.54%), Carbohydrates: 77.25g (25.75%), Net Carbohydrates: 70.37g (25.59%), Sugar: 13.84g (15.38%), Cholesterol: 158.35mg (52.78%), Sodium: 2314.97mg (100.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.22g (136.44%), Calcium: 1311.04mg (131.1%), Phosphorus: 1193.54mg (119.35%), Selenium: 72.99µg (104.27%), Manganese: 1.87mg (93.41%), Vitamin C: 71.81mg (87.04%), Vitamin A: 4108.29IU (82.17%), Vitamin B12: 4.51µg (75.24%), Vitamin B2: 1.28mg (75.15%), Copper: 1.18mg (58.96%), Zinc: 8.5mg (56.67%), Vitamin K: 49.56µg (47.2%), Iron: 8.4mg (46.64%), Vitamin E: 6.71mg (44.72%), Vitamin B1: 0.65mg (43.33%), Folate: 137.58µg (34.39%), Vitamin B3: 6.7mg (33.52%), Magnesium: 132.16mg (33.04%), Vitamin B6: 0.64mg (32.13%), Fiber: 6.88g (27.52%), Potassium: 842.29mg (24.07%), Vitamin B5: 1.53mg (15.28%), Vitamin D: 0.81µg (5.4%)