



Chocolate Pizza with Apricot Preserves and Bananas

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup apricot preserves
- ☐ 2 banana ripe sliced
- ☐ 1 teaspoon yeast dry
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 3 cups flour all-purpose divided
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces semi chocolate chips

- ☐ 1 tablespoon sugar
- ☐ 1 cup water (110° to 120°)

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 2 3/4 cups flour, sugar, yeast, and salt in a large bowl, stirring well with a whisk. Make a well in center of mixture.
- ☐ Combine water and oil; add to flour mixture. Stir until a soft dough forms. Turn the dough out onto a floured surface. Knead until smooth and elastic, about 10 minutes (dough will feel sticky), using enough of remaining flour, 1 tablespoon at a time, to keep hands from sticking.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Prepare grill.
- ☐ Punch dough down. Divide dough into 5 equal portions. Shape each portion into a ball; cover and let rest 15 minutes. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 9-inch circle on a floured surface.
- ☐ Combine preserves and banana in a small bowl, stirring gently.
- ☐ Working with 1 portion at a time, place dough on grill rack coated with cooking spray, and cook 2 minutes or until lightly browned. Turn dough, and top with about 1/3 cup apricot mixture.
- ☐ Spread mixture over dough, leaving a 1-inch border.
- ☐ Sprinkle about 1 1/2 tablespoons chocolate chips over apricot mixture. Repeat with remaining dough, apricot mixture, and chocolate chips. Cook 1 minute or until pizza is crisp.

Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:24.15, Inflammation Score:-4, Nutrition Score:8.606956548017%

Flavonoids

Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 284.11kcal (14.21%), Fat: 6.25g (9.62%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 52.69g (17.56%), Net Carbohydrates: 50.02g (18.19%), Sugar: 16.04g (17.82%), Cholesterol: 0.68mg (0.23%), Sodium: 68.74mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 5.07g (10.15%), Manganese: 0.48mg (23.9%), Vitamin B1: 0.34mg (22.64%), Selenium: 14.29µg (20.41%), Folate: 80.8µg (20.2%), Iron: 2.62mg (14.56%), Vitamin B2: 0.22mg (13.21%), Vitamin B3: 2.6mg (12.99%), Copper: 0.24mg (11.85%), Fiber: 2.67g (10.68%), Magnesium: 35.7mg (8.92%), Phosphorus: 77.69mg (7.77%), Potassium: 205.59mg (5.87%), Vitamin B6: 0.12mg (5.76%), Vitamin C: 3.62mg (4.38%), Zinc: 0.64mg (4.24%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.34mg (2.25%), Calcium: 18.25mg (1.82%), Vitamin K: 1.89µg (1.8%), Vitamin A: 57.15IU (1.14%)