



Ciabatta Pizza with Squash Caponata

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar dry
- 3 leaves basil fresh
- 14 ounce tomato sauce canned
- 2 tablespoons capote capers drained chopped
- 2 ribs celery finely chopped
- 1 large loaf ciabatta bread split
- 1 handful flat-leaf parsley finely chopped
- 4 cloves garlic thinly sliced

- 2 tablespoons golden raisins
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 0.5 cup sicilian olives green chopped
- 1 cubanelle pepper chopped
- 1 small frying pepper sweet red seeded chopped
- 2.5 cups provolone cheese shredded (10-ounce package)
- 1 medium onion red yellow chopped
- 1.5 pounds squash and/or zucchini yellow
- 1 small holland red thinly sliced chopped

Equipment

- baking sheet
- oven
- pot

Directions

- Preheat the oven to 450 degrees F.
- Heat the extra-virgin olive oil in a pot over medium-high heat.
- Add the zucchini, onions, garlic, chile, celery, cubanelle pepper, red bell pepper, and salt and pepper, to taste. Cook about 10 to 12 minutes to soften vegetables.
- Add in the olives, raisins, and capers once the veggies start to give off their juice.
- Add the vinegar, then tomato sauce. Reduce heat to a simmer. Stir in the parsley and basil to finish.
- Arrange bread on a large baking sheet and top with an even, thick layer of caponata. Then top that with an even layer of cheese and bake for 5 minutes to brown and melt the cheese.
- Cut each 1/2 loaf into 3 large squares of bread pizza.

Nutrition Facts



■ PROTEIN 17.42% ■ FAT 44.16% ■ CARBS 38.42%

Properties

Glycemic Index:82.28, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:18.356521694557%

Flavonoids

Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 530.03kcal (26.5%), Fat: 26.58g (40.9%), Saturated Fat: 11.33g (70.84%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 47.65g (17.33%), Sugar: 10.31g (11.45%), Cholesterol: 37.95mg (12.65%), Sodium: 1353.55mg (58.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.2%), Vitamin C: 39.31mg (47.64%), Calcium: 470.35mg (47.03%), Phosphorus: 356.47mg (35.65%), Vitamin K: 31.82µg (30.3%), Vitamin A: 1247.73IU (24.95%), Vitamin B2: 0.36mg (21.34%), Manganese: 0.42mg (21.04%), Vitamin E: 3.07mg (20.48%), Potassium: 716.08mg (20.46%), Vitamin B6: 0.41mg (20.32%), Fiber: 4.38g (17.52%), Zinc: 2.42mg (16.13%), Magnesium: 56.4mg (14.1%), Vitamin B12: 0.8µg (13.38%), Selenium: 9.25µg (13.21%), Folate: 51.07µg (12.77%), Copper: 0.23mg (11.29%), Iron: 1.85mg (10.28%), Vitamin B5: 0.8mg (7.97%), Vitamin B3: 1.54mg (7.7%), Vitamin B1: 0.1mg (6.81%), Vitamin D: 0.28µg (1.83%)