



Clam Pizza with Salad Topping

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound cherry tomatoes halved
- 2 cups clams drained chopped well
- 4 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 6 ounces salad greens mixed
- 4 tablespoons olive oil
- 20 ounces pizza dough store-bought
- 0.3 teaspoon red-pepper flakes dried

- 0.5 teaspoon salt
- 1.5 teaspoons red-wine vinegar

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- sieve

Directions

- Heat the oven to 42
- Oil two 12-inch pizza pans or large baking sheets. Press the pizza dough into an approximately 12-inch round, or 9-by-13-inch rectangle, on each prepared pan.
- Bake until the dough begins to brown, about 10 minutes.
- Meanwhile, line a strainer with several paper towels.
- Put the drained clams in the strainer and press gently to remove excess moisture.
- Spread the clams on the partially baked pizza crusts, sprinkle with the garlic, red-pepper flakes, and 1/4 teaspoon of the salt, and drizzle with 3 tablespoons of the oil.
- Bake the pizzas for 8 to 10 minutes. Do not overcook or the clams will toughen.
- Meanwhile, in a large bowl, toss the greens with the cherry tomatoes, the remaining 1 tablespoon oil, the vinegar, the remaining 1/4 teaspoon salt, and the black pepper.
- Remove the pizzas from the oven and top with the salad.
- Plenty of Dough: If you're unable to find pizza dough in the refrigerator section of your supermarket, pizza places will often sell it to you by the pound. Just ask.
- Wine Recommendation: Pinot grigio outsells other white wines in Italian restaurants by more than two to one, and this is the kind of dish that really shows why. Crisp, clean, and light, a good pinot grigio will nicely highlight the clams and tomatoes.

Nutrition Facts

PROTEIN 11.26% FAT 32.72% CARBS 56.02%

Properties

Glycemic Index:22.25, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:8.0304348831591%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 504.5kcal (25.22%), Fat: 18.66g (28.7%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 71.87g (23.96%), Net Carbohydrates: 69.4g (25.24%), Sugar: 9.53g (10.59%), Cholesterol: 5.11mg (1.7%), Sodium: 1342.24mg (58.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin B12: 1.92µg (32.06%), Iron: 4.74mg (26.32%), Vitamin C: 17.28mg (20.94%), Vitamin E: 2.34mg (15.61%), Vitamin A: 710.8IU (14.22%), Fiber: 2.46g (9.85%), Vitamin K: 9.64µg (9.18%), Manganese: 0.18mg (8.83%), Selenium: 5.98µg (8.54%), Phosphorus: 63.54mg (6.35%), Folate: 20.42µg (5.1%), Vitamin B6: 0.1mg (4.91%), Potassium: 159.84mg (4.57%), Copper: 0.06mg (3.19%), Magnesium: 11.7mg (2.92%), Vitamin B3: 0.48mg (2.41%), Vitamin B2: 0.04mg (2.29%), Calcium: 22.12mg (2.21%), Vitamin B1: 0.03mg (2.13%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.13mg (1.34%)