



Cornmeal, Goat Cheese and Muscadine Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons yeast dry
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup cornmeal
- ☐ 0.3 cup olive oil extra virgin
- ☐ 10 ounces flour all-purpose
- ☐ 11 ounce goat cheese
- ☐ 2 tablespoon honey
- ☐ 4 servings kosher salt

- ☐ 1.5 cups onion finely sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.1 teaspoon sugar
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup water

Equipment

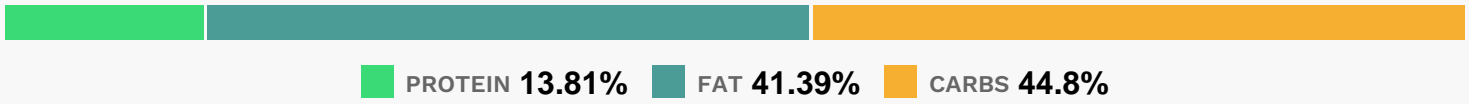
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer
- ☐ chopsticks

Directions

- ☐ Combine yeast, sugar and water in small bowl and allow to rest 5 minutes.
- ☐ Pour yeast mixture into bowl of stand mixer fitted with dough hook add olive oil, flour, cornmeal and 1 1/2 teaspoons salt.
- ☐ Mix at low speed until dough comes together, about 7 minutes.
- ☐ Transfer to oiled bowl, cover with plastic and allow to rise 2 hours at room temperature.
- ☐ Heat oil in heavy-bottomed 8-inch stainless steel skillet over medium-high heat until shimmering.
- ☐ Add onions and season with salt and pepper. Cook, stirring frequently, until lightly browned, about 10 minutes.
- ☐ Add vinegar and cook additional 5 minutes until mixture is nearly dry and onions are deep brown.
- ☐ Transfer to small bowl and set aside.
- ☐ Process goat cheese in food processor until smooth and creamy, scraping down sides of bowl as necessary, about 1 minute total.

- ☐ Add honey and 1/2 teaspoon salt and season until combined.
- ☐ Adjust oven rack to middle position and preheat oven to 350 degrees. Punch down dough and divide into 4 pieces. Flatten each piece with fingers and place on single parchment-lined rimmed baking sheet. Poke each piece of dough 20 times with tip of chopstick to dock (don't break through dough).
- ☐ Bake until dough is golden brown, about 20 minutes.
- ☐ Remove from oven and spread 1/4 of goat cheese mixture on each dough disk, followed by 1/4 of onion mixture.
- ☐ Bake additional 5 minutes to warm cheese and onions. Apply the muscadines, cut side down, on top of onion. Return to the oven for 2 minutes to warm muscadines.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:93.72, Glycemic Load:51.1, Inflammation Score:-8, Nutrition Score:22.409130562907%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 710.83kcal (35.54%), Fat: 32.75g (50.38%), Saturated Fat: 13.69g (85.58%), Carbohydrates: 79.77g (26.59%), Net Carbohydrates: 74.98g (27.27%), Sugar: 12.98g (14.42%), Cholesterol: 35.86mg (11.95%), Sodium: 490.64mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.17%), Vitamin B1: 0.89mg (59.5%), Folate: 200.71µg (50.18%), Vitamin B2: 0.76mg (44.54%), Selenium: 27.56µg (39.36%), Manganese: 0.78mg (38.79%), Copper: 0.75mg (37.72%), Phosphorus: 337.3mg (33.73%), Iron: 5.51mg (30.6%), Vitamin B3: 5.71mg (28.57%), Vitamin B6: 0.41mg (20.43%), Fiber: 4.79g (19.15%), Vitamin A: 807.91IU (16.16%), Vitamin E: 2.28mg (15.22%), Calcium: 139.8mg (13.98%), Zinc: 1.92mg (12.77%), Magnesium: 51.01mg (12.75%), Vitamin B5: 1.27mg (12.66%), Vitamin K: 12.5µg (11.9%), Potassium: 258.38mg (7.38%), Vitamin C: 4.5mg (5.45%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.31µg (2.08%)