



Crusty Provençal Pizza

READY IN



45 min.

SERVINGS



18

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups firmly basil leaves fresh packed
- 2 cloves garlic cut in half
- 6 ounce marinated artichoke hearts drained chopped
- 0.3 cup olive oil
- 0.8 cup parmesan cheese divided freshly grated
- 1 cup bell pepper diced sweet red
- 10 ounce pizza dough refrigerated canned
- 6 ounces mozzarella cheese shredded
- 0.5 pound turkey smoked cubed

0.7 cup walnuts divided toasted chopped

Equipment

food processor

bowl

frying pan

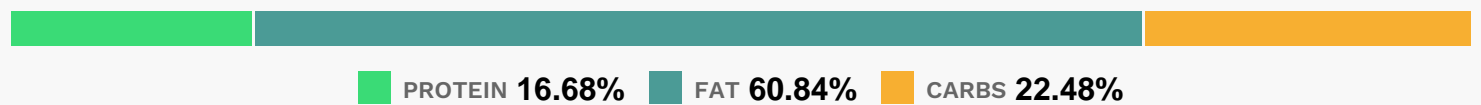
oven

knife

Directions

- Unroll pizza dough, and press into bottom of a greased 13- x 9- x 2-inch pan. Set aside.
- Position knife blade in food processor bowl; add basil, 1/2 cup Parmesan cheese, 1/3 cup walnuts, and garlic. Process 1 minute or until smooth, scraping sides of processor bowl once. With processor running, pour olive oil through food chute in a slow, steady stream until combined.
- Spread basil mixture over pizza dough, leaving a 1/2-inch border on all sides.
- Sprinkle with mozzarella cheese, turkey, red pepper, artichoke, remaining 1/4 cup Parmesan cheese, and remaining 1/3 cup walnuts.
- Bake, uncovered, at 425 for 30 minutes or until crust is golden and cheese melts.
- Cut into 18 rectangles.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:5.7169565143793%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 174.45kcal (8.72%), Fat: 11.99g (18.44%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.04g (3.29%), Sugar: 1.65g (1.83%), Cholesterol: 17.53mg (5.84%), Sodium: 292.6mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.79%), Vitamin C: 13.1mg (15.88%), Vitamin A: 565IU (11.3%), Vitamin K: 11.52µg (10.98%), Manganese: 0.19mg (9.66%), Calcium: 96.44mg (9.64%), Phosphorus: 95.02mg (9.5%), Selenium: 5.24µg (7.49%), Vitamin B12: 0.38µg (6.35%), Vitamin B6: 0.12mg (5.75%), Vitamin E: 0.8mg (5.34%), Zinc: 0.79mg (5.27%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.43%), Vitamin B2: 0.07mg (4.3%), Vitamin B3: 0.85mg (4.23%), Fiber: 0.93g (3.71%), Magnesium: 14.79mg (3.7%), Folate: 10.96µg (2.74%), Potassium: 78.74mg (2.25%), Vitamin B1: 0.03mg (1.92%), Vitamin B5: 0.16mg (1.57%)