



Deep-Dish Polenta Pizza

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 4 ounces mozzarella cheese cut into a 1/2-inch dice
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmesan grated
- ☐ 1 cup polenta
- ☐ 0.5 head radicchio thinly shredded
- ☐ 0.5 cup sun-dried tomatoes drained thinly sliced

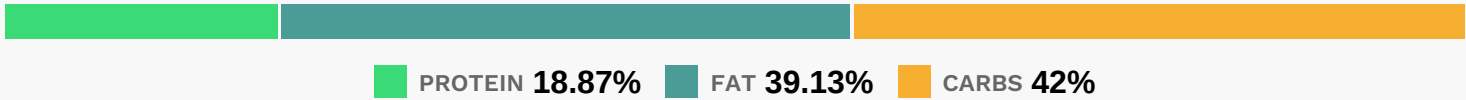
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ springform pan

Directions

- ☐ Heat oven to 400 F. Coat a 9-inch springform pan, round cake pan, or pie plate with 1 tablespoon of the oil and set aside. In a medium saucepan, bring 2 1/4 cups water to a boil.
- ☐ Whisking constantly, slowly add the polenta or cornmeal. Reduce heat to low and cook, stirring, until the polenta starts to pull away from the sides of the pan, 4 to 5 minutes. Stir in the salt, 1/4 teaspoon of the pepper, and the Parmesan.
- ☐ Remove from heat.
- ☐ Spread the polenta over the bottom of the prepared pan, using a spoon to form a raised edge. In a bowl, combine the radicchio, tomatoes, mozzarella, and the remaining oil and pepper. Spoon the mixture over the polenta.
- ☐ Bake for 30 minutes.
- ☐ Cut into wedges. Tip: This crisp polenta crust can accommodate almost any pizza topping. Try arugula and prosciutto, sausage and garlic, or caramelized onions and mushrooms.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:12.94, Inflammation Score:-5, Nutrition Score:13.081304314344%

Flavonoids

Cyanidin: 29.63mg, Cyanidin: 29.63mg, Cyanidin: 29.63mg, Cyanidin: 29.63mg Delphinidin: 1.79mg, Delphinidin: 1.79mg, Delphinidin: 1.79mg, Delphinidin: 1.79mg Luteolin: 8.86mg, Luteolin: 8.86mg, Luteolin: 8.86mg, Luteolin: 8.86mg

8.86mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 245.56kcal (12.28%), Fat: 10.89g (16.76%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 26.3g (8.77%),
Net Carbohydrates: 22.43g (8.16%), Sugar: 4.27g (4.75%), Cholesterol: 21.36mg (7.12%), Sodium: 673.55mg
(29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Vitamin K: 65.77µg (62.64%),
Phosphorus: 234.34mg (23.43%), Calcium: 224.44mg (22.44%), Manganese: 0.4mg (20.05%), Fiber: 3.87g (15.48%),
Magnesium: 57.4mg (14.35%), Potassium: 495.59mg (14.16%), Copper: 0.28mg (14.07%), Zinc: 1.96mg (13.09%),
Selenium: 7.65µg (10.93%), Iron: 1.95mg (10.84%), Vitamin B6: 0.22mg (10.81%), Vitamin B2: 0.16mg (9.48%),
Vitamin B1: 0.14mg (9.41%), Vitamin B12: 0.54µg (9.07%), Vitamin B3: 1.59mg (7.95%), Folate: 31.26µg (7.81%),
Vitamin E: 1.02mg (6.8%), Vitamin C: 5.46mg (6.62%), Vitamin A: 288.89IU (5.78%), Vitamin B5: 0.48mg (4.84%)