



Duck Pizza with Hoisin and Scallions

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon five spice powder chinese
- ☐ 1 cup baby spinach chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons sesame seeds black
- ☐ 1 duck breast meat – skin left on fat trimmed (or chicken)
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 0.5 pound pizza dough whole-wheat

- ☐ 0.5 bell pepper diced red cored seeded
- ☐ 0.3 teaspoon salt
- ☐ 4 spring onion thinly sliced

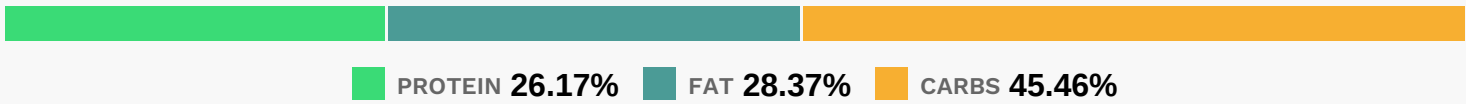
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Heat oven to 400°F.
- ☐ Sprinkle duck with five-spice powder, salt and pepper.
- ☐ Heat oil in a medium skillet over high heat. Cook duck until browned, 4 to 5 minutes per side.
- ☐ Transfer skillet to oven; bake duck until outside is cooked but inside is rare, 8 to 10 minutes. Cool 4 to 5 minutes. Thinly slice on the diagonal into 8 pieces, then cut each in half. Set aside. Form dough into 8 even balls, then flatten to form 3-inch disks and place on an ungreased baking sheet.
- ☐ Spread hoisin sauce on crusts with a pastry brush. Top with spinach, cheese, bell pepper and duck.
- ☐ Bake until cheese is melted and bubbly, 20 to 25 minutes.
- ☐ Remove and garnish with scallions and sesame seeds.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:10.801739097289%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 156.98kcal (7.85%), Fat: 4.99g (7.68%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 18g (6%), Net Carbohydrates: 16.73g (6.08%), Sugar: 3.95g (4.39%), Cholesterol: 26.41mg (8.8%), Sodium: 438.77mg (19.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.73%), Vitamin B12: 3.73µg (62.16%), Vitamin K: 31.39µg (29.9%), Vitamin C: 13.53mg (16.4%), Iron: 2.72mg (15.14%), Vitamin A: 694.46IU (13.89%), Vitamin B6: 0.23mg (11.41%), Selenium: 7.55µg (10.78%), Phosphorus: 106.96mg (10.7%), Copper: 0.19mg (9.48%), Vitamin B1: 0.14mg (9.43%), Calcium: 87.36mg (8.74%), Vitamin B2: 0.14mg (8.41%), Vitamin B3: 1.27mg (6.34%), Manganese: 0.13mg (6.33%), Magnesium: 21.82mg (5.46%), Fiber: 1.27g (5.07%), Folate: 20.21µg (5.05%), Potassium: 155.31mg (4.44%), Zinc: 0.64mg (4.27%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.33mg (2.2%)