



Eggplant, Pesto, and Goat-Cheese Pizza

READY IN



45 min.

SERVINGS



3

CALORIES



1118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound eggplant cut into 1/4-inch slices
- ☐ 3 cloves garlic minced
- ☐ 6 ounces mild goat cheese such as Montrachet, cut into 1/4-inch slices
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 7.5 tablespoons olive oil as needed
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 cup pesto homemade store-bought
- ☐ 1 pound pizza dough homemade store-bought
- ☐ 0.8 teaspoon salt

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat the oven to 45
- ☐ In a large nonstick frying pan, heat 2 1/2 tablespoons of the oil over moderately high heat. Season the eggplant with the salt. Fry one-third of the eggplant, turning, until golden, about 10 minutes.
- ☐ Remove. Repeat in two more batches with the remaining oil, using more if needed, and the eggplant.
- ☐ Meanwhile, oil a 14-inch pizza pan or large baking sheet. Press the pizza dough onto the pan in an approximately 14-inch round or 9-by-13-inch rectangle.
- ☐ Arrange the eggplant slices on the pizza crust.
- ☐ Sprinkle the garlic and pepper over the top.
- ☐ Bake for 12 minutes.
- ☐ Put the slices of goat cheese on the pizza, sprinkle with the Parmesan, and then dot with the pesto.
- ☐ Bake until the cheese begins to turn golden, about 15 minutes.
- ☐ Pizza Dough: Most supermarkets carry pizza dough; look for it in the refrigerator section. Another possibility is to ask for it at your favorite pizza restaurant. Many places are willing to sell it by the pound.
- ☐ Wine Recommendation: Sauvignon blanc is a remarkably versatile wine, and it's particularly delicious with goat cheese and basil. Once again, northeastern Italy is the place to look for these fresh, bracing wines.

Nutrition Facts



 PROTEIN **11.44%**  FAT **56.72%**  CARBS **31.84%**

Properties

Glycemic Index:39.67, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:19.793043540872%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1118.33kcal (55.92%), Fat: 71.67g (110.26%), Saturated Fat: 19.72g (123.27%), Carbohydrates: 90.51g (30.17%), Net Carbohydrates: 80.63g (29.32%), Sugar: 19.37g (21.53%), Cholesterol: 40.72mg (13.57%), Sodium: 2542.46mg (110.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.07%), Fiber: 9.88g (39.52%), Vitamin E: 5.86mg (39.1%), Calcium: 371.29mg (37.13%), Iron: 6.34mg (35.23%), Manganese: 0.68mg (34.02%), Vitamin A: 1603.4IU (32.07%), Phosphorus: 320.36mg (32.04%), Copper: 0.62mg (30.9%), Vitamin K: 30.91µg (29.44%), Vitamin B2: 0.36mg (21.09%), Vitamin B6: 0.39mg (19.28%), Potassium: 566.37mg (16.18%), Folate: 58.01µg (14.5%), Magnesium: 49.49mg (12.37%), Vitamin B5: 1.12mg (11.21%), Vitamin B1: 0.14mg (9.4%), Selenium: 6.46µg (9.23%), Zinc: 1.38mg (9.22%), Vitamin B3: 1.79mg (8.93%), Vitamin C: 5.93mg (7.18%), Vitamin B12: 0.31µg (5.13%), Vitamin D: 0.31µg (2.07%)