

Eggplant Pizza

READY IN



120 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup parmesan grated
- ☐ 1.3 pound eggplant
- ☐ 1.7 cups flour all-purpose
- ☐ 2 tablespoons garlic minced
- ☐ 0.8 cup mozzarella cheese grated
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup water (110–115°F.)

☐ 0.3 ounce yeast

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ plastic wrap

☐ aluminum foil

☐ pizza stone

Directions

☐ Cut eggplant into 1/3-inch-thick rounds and arrange in 1 layer on a foil-lined large baking sheet. Lightly brush both sides with oil and season with salt. Broil 2 to 3 inches from heat until golden brown and tender, 3 to 8 minutes on each side.

☐ Dissolve yeast in warm water. Blend flour and salt in a food processor.

☐ Add oil and blend. With motor running, add yeast mixture all at once, blending until dough forms a ball. Knead dough on a lightly floured surface 5 minutes. Put in an oiled large bowl and turn to coat.

☐ Let rise, covered with plastic wrap, in a warm place until doubled in bulk, 1 to 1 1/4 hours. While dough is rising, put a pizza stone on lowest rack of oven (remove other racks) and preheat oven to 500°F.

☐ Dust dough with flour on a floured surface, then shape and stretch into a 12- to 13-inch round.

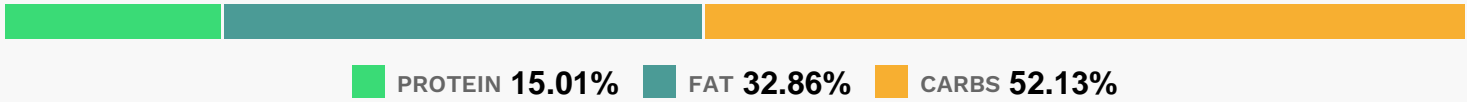
☐ Sprinkle a baker's peel generously with flour and carefully transfer dough to it. Jerk peel; if dough sticks, lift it and sprinkle flour underneath.

☐ Toss together cheeses and sprinkle 1/4 over dough. Cover with eggplant, overlapping it, and sprinkle with remaining cheese.

☐ Heat oil in a small skillet over moderate heat until hot but not smoking, then cook garlic and red pepper, stirring, until just fragrant, 30 to 40 seconds. Spoon evenly over eggplant.

Line up far edge of peel with far edge of stone and tilt peel, jerking it gently. When edge of pizza touches stone, quickly pull back peel to transfer to stone (do not move pizza) and bake until dough is crisp and browned, 12 to 15 minutes. Slide peel under pizza to remove from oven.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:30.53, Inflammation Score:-7, Nutrition Score:17.619565238123%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 386.82kcal (19.34%), Fat: 14.26g (21.94%), Saturated Fat: 4.91g (30.69%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 44.61g (16.22%), Sugar: 5.47g (6.08%), Cholesterol: 20.84mg (6.95%), Sodium: 534.15mg (23.22%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.66g (29.33%), Vitamin B1: 0.68mg (45.09%), Folate: 170.06µg (42.51%), Manganese: 0.77mg (38.45%), Selenium: 23.82µg (34.02%), Vitamin B2: 0.47mg (27.5%), Fiber: 6.31g (25.23%), Vitamin B3: 4.8mg (24.02%), Phosphorus: 226.14mg (22.61%), Calcium: 210.65mg (21.06%), Iron: 3.08mg (17.1%), Potassium: 440.01mg (12.57%), Vitamin B6: 0.24mg (11.84%), Copper: 0.22mg (11.14%), Vitamin E: 1.62mg (10.78%), Zinc: 1.58mg (10.53%), Magnesium: 40.98mg (10.25%), Vitamin K: 10.26µg (9.77%), Vitamin B5: 0.95mg (9.5%), Vitamin B12: 0.56µg (9.25%), Vitamin A: 297.86IU (5.96%), Vitamin C: 4.37mg (5.3%)