



Escarole-Stuffed Pizza

READY IN



120 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 cups endive loosely packed thinly sliced (3 heads)
- ☐ 2 cups fontina italian chilled grated
- ☐ 5 garlic cloves finely chopped
- ☐ 6 tablespoons olive oil
- ☐ 1 lb pizza dough at room temperature

Equipment

- ☐ bowl
- ☐ frying pan

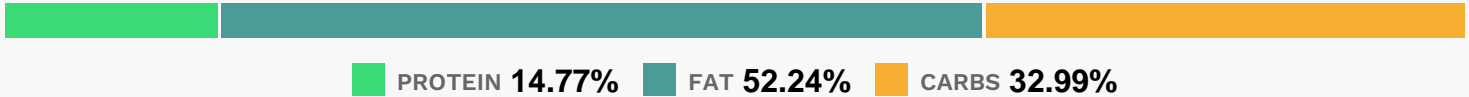
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ cake form
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ colander
- ☐ cutting board
- ☐ oven mitt

Directions

- ☐ Put oven rack in lowest position and preheat oven to 500°F. Lightly oil cake pan.
- ☐ Cook escarole in a 6- to 8-quart pot of boiling salted water, uncovered, until tender, 5 to 10 minutes.
- ☐ Drain in a colander, then immerse colander in a large bowl of ice water to stop cooking.
- ☐ Drain again and press gently to remove excess water.
- ☐ Transfer escarole to a large kitchen towel, then gather corners and twist tightly to wring out as much liquid as possible.
- ☐ Cut off one third of dough (keep remaining dough covered with plastic wrap) and pat into cake pan, covering bottom.
- ☐ Brush with 1 tablespoon oil and prick all over with a fork.
- ☐ Bake until golden, 8 to 10 minutes.
- ☐ Let crust stand in pan on a rack.
- ☐ Meanwhile, heat 1/4 cup oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté garlic, stirring occasionally, until golden, about 30 seconds.
- ☐ Add escarole, 1/4 teaspoon salt, and 1/4 teaspoon pepper and sauté, stirring, until escarole is coated with oil, about 4 minutes.
- ☐ Transfer to a large shallow bowl to cool slightly, about 15 minutes, then stir in cheese.

- ☐ Spread escarole filling over crust in pan, leaving a 1/4-inch border around edge.
- ☐ Roll out remaining dough into a 10-inch round (on a lightly floured board if it sticks).
- ☐ Transfer to pan, covering filling and tucking edge under bottom crust to form a flat top and completely enclose filling (stretch dough if necessary). Press edges to seal.
- ☐ Brush top with remaining tablespoon oil and bake until golden brown, 15 to 20 minutes.
- ☐ Run a sharp thin knife around edge of pan. Invert a rack over pan and, wearing oven mitts and holding pan and rack firmly together, flip pizza onto rack. Turn pizza right side up and cool 15 minutes before serving. Slide pizza onto a cutting board and cut into wedges.
- ☐ ·If you can't find Italian Fontina, substitute supermarket mozzarella (not fresh).-Escarole can be washed, dried, and cut 1 day ahead and chilled in sealed plastic bags lined with dampened paper towels.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:31.833912818328%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 25.26mg, Kaempferol: 25.26mg, Kaempferol: 25.26mg, Kaempferol: 25.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 769.43kcal (38.47%), Fat: 45.56g (70.09%), Saturated Fat: 16.57g (103.54%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 55.2g (20.07%), Sugar: 8.72g (9.68%), Cholesterol: 76.56mg (25.52%), Sodium: 1403.93mg (61.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.99g (57.98%), Vitamin K: 591.92µg (563.73%), Vitamin A: 6020.42IU (120.41%), Folate: 359.07µg (89.77%), Manganese: 1.12mg (56.1%), Calcium: 500mg (50%), Fiber: 9.53g (38.12%), Phosphorus: 304.1mg (30.41%), Iron: 5.47mg (30.39%), Zinc: 4.33mg (28.86%), Vitamin E: 4.31mg (28.7%), Vitamin B5: 2.56mg (25.55%), Potassium: 842.49mg (24.07%), Vitamin C: 17.42mg (21.12%), Vitamin B2: 0.33mg (19.19%), Vitamin B12: 1.11µg (18.48%), Selenium: 10.6µg (15.15%), Vitamin B1: 0.22mg (14.76%), Copper: 0.28mg (13.76%), Magnesium: 47.68mg (11.92%), Vitamin B6: 0.15mg (7.56%), Vitamin B3: 1.13mg (5.63%), Vitamin D: 0.4µg (2.64%)