



HEALTH SCORE

94%

Fennel-and-Sweet-Onion Pizza with Green Olives



Vegetarian



Very Healthy

READY IN



180 min.

SERVINGS



1

CALORIES



4105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.5 cup brown ale
- ☐ 1 pound asiago cheese fresh shredded
- ☐ 1 serving basil leaves for garnish
- ☐ 1 cup chicken stock see
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 fennel bulb cut into 8 wedges

- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 8 large sicilian olives green pitted coarsely chopped (large)
- ☐ 1 serving pepper freshly ground
- ☐ 0.3 cup pernod
- ☐ 1 serving salt
- ☐ 1 large onion sweet thinly sliced (very large)
- ☐ 0.5 cup flour whole-wheat

Equipment

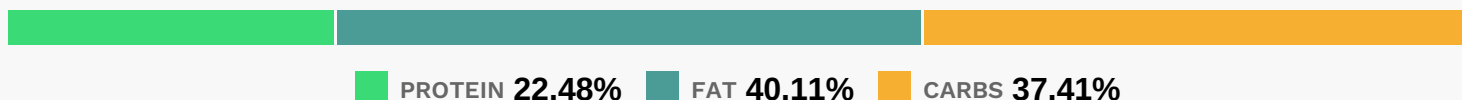
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ cutting board
- ☐ pizza stone

Directions

- ☐ In the bowl of a standing mixer fitted with the dough hook, combine the yeast, honey and 1/4 cup of warm water.
- ☐ Let stand until foaming, about 4 minutes.
- ☐ Add the 2 1/2 cups of all-purpose flour and the whole-wheat flour, ale, olive oil, salt and 1/2 cup of water and mix at medium speed until a smooth dough forms, about 5 minutes.

- ☐ Transfer the dough to a work surface and knead for 2 minutes. Lightly oil the bowl, return the dough to it and cover with plastic wrap.
- ☐ Let the dough rise in a warm place until very billowy, about 1 hour.
- ☐ In a skillet, heat 1 tablespoon of the olive oil.
- ☐ Add the fennel and cook over moderate heat, turning once, until lightly browned, 5 minutes.
- ☐ Remove from the heat and add the wine and Pernod. Return the pan to moderate heat and cook until the liquid has evaporated, about 2 minutes.
- ☐ Add the chicken stock to the skillet. Cover and simmer over moderately low heat, turning the fennel once, until very tender and the liquid is nearly evaporated, about 20 minutes. Season with salt and pepper.
- ☐ Transfer the fennel to a cutting board and coarsely chop it.
- ☐ Meanwhile, in another skillet, heat the remaining 1 tablespoon of olive oil.
- ☐ Add the onion, cover and cook over moderate heat, stirring once or twice, until softened, about 3 minutes. Uncover and cook until the onion is caramelized, about 20 minutes.
- ☐ Add a few tablespoons of water to the skillet to prevent scorching.
- ☐ Preheat the oven to 50
- ☐ Preheat a pizza stone as close to the oven bottom as possible for 20 minutes. Punch down the dough and divide it into 4 balls. Set the balls on an oiled baking sheet and cover with oiled plastic wrap.
- ☐ Let stand for 15 minutes.
- ☐ On a floured surface, roll or stretch one dough ball to a 10-inch round. Set the round on a floured pizza peel, shaking it gently so it doesn't stick.
- ☐ Brush the edge of the dough with oil.
- ☐ Add one-fourth of the cheese, followed by one-fourth each of the braised fennel, caramelized onion and olives. Slide the pizza onto the stone and bake until bubbling on top and the crust is deeply golden, 8 to 10 minutes.
- ☐ Transfer the pizza to a cutting board, sprinkle with basil and cut into wedges. Repeat with the remaining dough and toppings.

Nutrition Facts



Properties

Glycemic Index:356.77, Glycemic Load:185.85, Inflammation Score:-10, Nutrition Score:82.730000247126%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 4.74mg, Kaempferol: 4.74mg, Kaempferol: 4.74mg, Kaempferol: 4.74mg Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg Quercetin: 48.65mg, Quercetin: 48.65mg, Quercetin: 48.65mg, Quercetin: 48.65mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 4104.89kcal (205.24%), Fat: 172.79g (265.83%), Saturated Fat: 82.68g (516.73%), Carbohydrates: 362.58g (120.86%), Net Carbohydrates: 334.46g (121.62%), Sugar: 40.83g (45.36%), Cholesterol: 315.64mg (105.21%), Sodium: 10796.98mg (469.43%), Alcohol: 33.52g (100%), Alcohol %: 2.16% (100%), Protein: 217.84g (435.67%), Calcium: 5661.14mg (566.11%), Phosphorus: 4048.51mg (404.85%), Selenium: 255.34µg (364.77%), Manganese: 5.52mg (276.05%), Vitamin B1: 3.97mg (264.93%), Folate: 957.34µg (239.33%), Vitamin B2: 3.82mg (224.99%), Vitamin K: 192.68µg (183.5%), Vitamin B3: 32.01mg (160.07%), Iron: 24.33mg (135.18%), Zinc: 18.18mg (121.19%), Magnesium: 451.78mg (112.95%), Fiber: 28.12g (112.5%), Vitamin B12: 5.47µg (91.19%), Vitamin B6: 1.69mg (84.37%), Vitamin A: 4103.83IU (82.08%), Potassium: 2752.72mg (78.65%), Copper: 1.41mg (70.71%), Vitamin E: 10.39mg (69.27%), Vitamin B5: 5.7mg (57.02%), Vitamin C: 44.86mg (54.38%), Vitamin D: 2.27µg (15.12%)