



Fig and Goat Cheese Pizza with Maple Balsamic Reduction



Vegetarian



Popular

READY IN



132 min.

SERVINGS



1

CALORIES



1261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp yeast dry
- ☐ 1 tsp agave nectar well
- ☐ 1 cup flour
- ☐ 0.5 cup arugula fresh
- ☐ 0.5 cup balsamic vinegar
- ☐ 1 serving pepper black freshly ground
- ☐ 1 serving cornmeal

- ☐ 1 cup figs fresh sliced into sixths
- ☐ 3 oz goat cheese
- ☐ 0.5 tsp kosher salt
- ☐ 1 tbsp maple syrup
- ☐ 1 tbsp olive oil
- ☐ 1 medium onion sliced
- ☐ 1 serving salt
- ☐ 0.3 cup water
- ☐ 0.3 cup water (not hot!)

Equipment

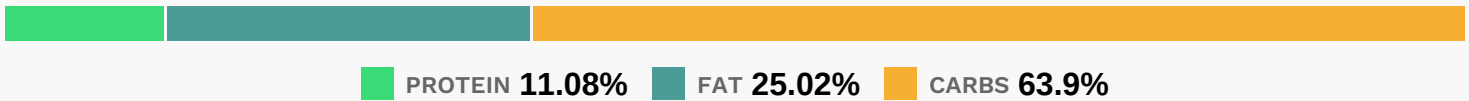
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ rolling pin
- ☐ cutting board
- ☐ pastry brush
- ☐ pizza stone

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Fig and Goat Cheese Pizza with Maple Balsamic Reduction
- ☐ Crust Ingredients1/3 cup warm water (not hot!)1 tsp sugar, honey or agave will also work well1 tsp active dry yeast1 cup all purpose flour1 tsp kosher salt1 tbsp olive oil, plus more for brushing onto crust1 medium onion, sliced1/4 cup water1 tbsp olive oil1/2 tsp kosher salt1 cup fresh figs, sliced into sixths1/2 cup fresh arugula3 oz goat cheese
- ☐ SaltFreshly ground black pepper
- ☐ Corn meal

- ☐ Balsamic Reduction Ingredients1/2 cup good quality balsamic vinegar1 tbsp maple syrup
- ☐ You will also need
- ☐ Mixing bowls, rolling pin, cutting board (lightweight, flexible plastic is best), pastry brush, saute pan, small sauce pan, pizza stone or sheet tray (pizza stone recommended)
- ☐ Prep Time: 2:30 – 3 Hours
- ☐ Cook Time: 10 – 12 Minutes
- ☐ Servings: 1 pizza
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:397, Glycemic Load:115.79, Inflammation Score:-10, Nutrition Score:43.54217429783%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 36.06mg, Quercetin: 36.06mg, Quercetin: 36.06mg, Quercetin: 36.06mg

Nutrients (% of daily need)

Calories: 1261.22kcal (63.06%), Fat: 34.9g (53.69%), Saturated Fat: 14.86g (92.84%), Carbohydrates: 200.55g (66.85%), Net Carbohydrates: 186.47g (67.81%), Sugar: 80.42g (89.36%), Cholesterol: 39.12mg (13.04%), Sodium: 1722.06mg (74.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.58%), Vitamin B1: 1.63mg (108.78%), Manganese: 2.13mg (106.59%), Folate: 362.04µg (90.51%), Vitamin B2: 1.5mg (88.03%), Selenium: 46.78µg (66.83%), Fiber: 14.08g (56.33%), Iron: 10.08mg (56%), Copper: 1.11mg (55.73%), Vitamin B3: 10.41mg (52.06%), Phosphorus: 489.72mg (48.97%), Vitamin B6: 0.8mg (39.82%), Potassium: 1153.98mg (32.97%), Vitamin K: 34.54µg (32.9%), Magnesium: 130.56mg (32.64%), Calcium: 325.31mg (32.53%), Vitamin A: 1454.55IU (29.09%), Vitamin B5: 2.5mg (24.95%), Zinc: 3.06mg (20.43%), Vitamin C: 15.55mg (18.85%), Vitamin E: 2.67mg (17.83%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.34µg (2.27%)