



Florentine dairy-free pizza



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil for drizzling
- ☐ 2 garlic clove sliced
- ☐ 400 g canned tomatoes chopped canned
- ☐ 400 g spinach frozen
- ☐ 2 servings artichoke hearts
- ☐ 2 eggs
- ☐ 1 small handful basil
- ☐ 2 handfuls arugula

- ☐ 0.5 juice of lemon
- ☐ 350 g flour white
- ☐ 7 g yeast dried
- ☐ 1 tbsp semolina fine

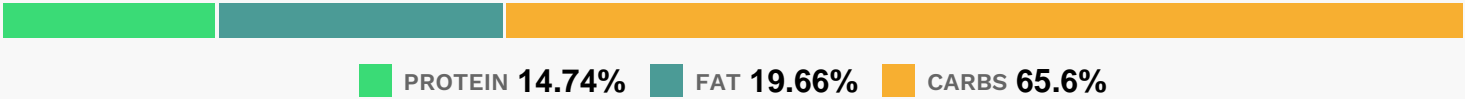
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ To make the base, tip the flour into the bowl of a table-top mixer (or food processor with a dough attachment).
- ☐ Add 1 tsp salt to one side of the bowl and the yeast to the other.
- ☐ Add 275ml lukewarm water and mix on slow until a sticky dough forms. Turn up the mixer for 5–6 mins until an indent pushed into the dough pops out quickly.
- ☐ Put the dough in a lightly oiled bowl, then cover and leave in a warm place to prove until doubled in size.
- ☐ Meanwhile, heat the oil in a frying pan and sizzle the garlic for a few secs, then tip in the tomatoes, season and simmer for 5 mins until the sauce has thickened.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Knead the dough for a few mins, then halve and roll each half as thinly as possible.
- ☐ Lay each base on a baking sheet dusted with the semolina. Divide the tomato sauce between the pizzas, spreading almost to the edge. Dot over the spinach, add your toppings and drizzle with a little oil. Cook for 5 mins, then crack an egg onto each pizza. Swap the baking sheets, then cook for 10 mins more or until bases are cooked through.
- ☐ Drizzle the basil and rocket with a drop of oil and the lemon juice. Scatter over the pizza before eating.

Nutrition Facts



Properties

Glycemic Index:149.5, Glycemic Load:103.88, Inflammation Score:-10, Nutrition Score:61.445217360621%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 995.24kcal (49.76%), Fat: 22.11g (34.02%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 165.99g (55.33%), Net Carbohydrates: 150g (54.54%), Sugar: 11.38g (12.64%), Cholesterol: 163.68mg (54.56%), Sodium: 489.84mg (21.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.28g (74.57%), Vitamin K: 789.7µg (752.1%), Vitamin A: 24647.67IU (492.95%), Folate: 774.02µg (193.51%), Manganese: 3.16mg (158.16%), Vitamin B1: 2.19mg (146.08%), Selenium: 93.41µg (133.45%), Vitamin B2: 1.82mg (107.19%), Iron: 16.13mg (89.6%), Vitamin B3: 15.77mg (78.85%), Vitamin E: 11.01mg (73.4%), Fiber: 15.99g (63.97%), Magnesium: 250.38mg (62.6%), Copper: 1mg (49.81%), Phosphorus: 486.62mg (48.66%), Potassium: 1669.79mg (47.71%), Vitamin B6: 0.91mg (45.64%), Vitamin C: 36.43mg (44.16%), Calcium: 418.99mg (41.9%), Vitamin B5: 2.82mg (28.18%), Zinc: 3.95mg (26.32%), Vitamin B12: 0.39µg (6.57%), Vitamin D: 0.88µg (5.87%)