



## Fontina, Olive, and Tomato Pizza with Basil Whole Wheat Crust

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.3 teaspoons yeast dry
- 0.1 teaspoon pepper black freshly ground
- 6.8 ounces flour all-purpose divided
- 4 ounces fontina shredded
- 0.3 cup basil fresh chopped
- 2 tablespoons cornmeal yellow
- 1 tablespoon honey

- 3 tablespoons kalamata olives pitted chopped
- 2 ounces part-skim mozzarella cheese shredded
- 1 tablespoon pinenuts coarsely chopped
- 0.5 pound plum tomatoes thinly sliced
- 0.5 teaspoon salt
- 1 cup water (100° to 110°)
- 4.8 ounces flour whole wheat

## Equipment

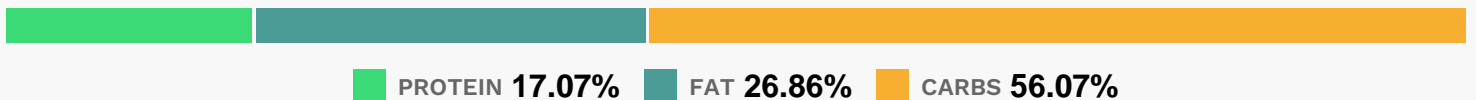
- bowl
- baking sheet
- paper towels
- oven
- knife
- plastic wrap
- spatula
- measuring cup

## Directions

- To prepare dough, dissolve honey and yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups; level with a knife.
- Add 1 1/4 cups all-purpose flour, whole wheat flour, salt, and 1/8 teaspoon freshly ground pepper to yeast mixture; stir until a soft dough forms.
- Turn dough out onto a lightly floured surface. Knead until soft and elastic (about 6 minutes); add enough of remaining all-purpose flour, 1 tablespoon at a time, to keep dough from sticking to hands (dough will feel slightly sticky). Knead in fresh basil just until incorporated.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 40 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Roll dough into a 12-inch circle (about 1/4 inch thick) on a lightly floured surface.

- Place dough on a rimless baking sheet sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim. Lightly spray surface of dough with cooking spray; cover with plastic wrap.
- Place dough in refrigerator.
- Position one oven rack in the middle setting. Position another rack in the lowest setting, and place a rimless baking sheet on the bottom rack. Preheat oven to 50
- Remove plastic wrap from dough; discard.
- Remove preheated baking sheet from oven; close oven door. Slide dough onto preheated baking sheet, using a spatula as a guide.
- Bake on lowest oven rack at 500 for 8 minutes.
- Arrange tomato slices on paper towels. Cover with additional paper towels; let stand 5 minutes.
- Sprinkle fontina over crust, leaving a 1/4-inch border. Arrange tomato slices and olives over fontina; sprinkle with mozzarella. Top with pine nuts.
- Bake on middle rack an additional 8 minutes or until crust is golden brown and cheese melts.
- Garnish with cracked pepper, if desired.
- Cut into 12 wedges.

## Nutrition Facts



## Properties

Glycemic Index:60.46, Glycemic Load:21.04, Inflammation Score:0, Nutrition Score:17.074348219063%

## Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 341.31kcal (17.07%), Fat: 10.38g (15.96%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 44.16g (16.06%), Sugar: 4.58g (5.09%), Cholesterol: 27.97mg (9.32%), Sodium: 471.78mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.68%), Manganese: 1.37mg (68.44%),

Selenium: 29.16µg (41.65%), Vitamin B1: 0.53mg (35.22%), Folate: 105.77µg (26.44%), Phosphorus: 258.23mg (25.82%), Calcium: 200.4mg (20.04%), Vitamin B3: 3.91mg (19.53%), Vitamin B2: 0.32mg (19.11%), Fiber: 4.57g (18.28%), Iron: 2.74mg (15.24%), Magnesium: 56.74mg (14.19%), Zinc: 2.12mg (14.13%), Vitamin A: 604.08IU (12.08%), Copper: 0.22mg (10.97%), Vitamin B6: 0.2mg (10.02%), Vitamin K: 9.33µg (8.89%), Potassium: 264.08mg (7.55%), Vitamin B12: 0.4µg (6.6%), Vitamin C: 5.39mg (6.54%), Vitamin B5: 0.59mg (5.86%), Vitamin E: 0.78mg (5.17%)