

health-score 51%

HEALTH SCORE

Fruit Pizza

☒ Vegetarian ☒ Gluten Free

READY IN

ready

25 min.

SERVINGS

servings

2

CALORIES

calories

926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baked 6-inch pizzas without topping
- ☐ 2 pints blackberries fresh
- ☐ 0.3 cup confectioners' sugar plus additional for dusting
- ☐ 2 servings kosher salt
- ☐ 0.5 orange zest
- ☐ 2 cups red wine
- ☐ 0.5 cup ricotta cheese

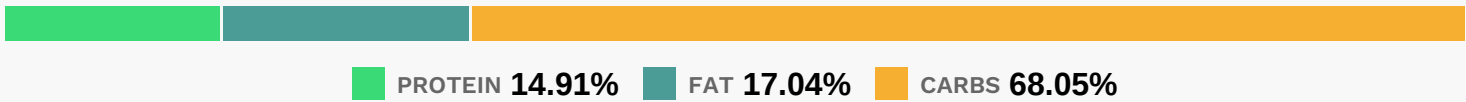
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat the grill (or, alternatively, the oven to 350 degrees F)
- ☐ In a large skillet, reduce the red wine by half over medium heat and whisk in the confectioners' sugar. When the mixture thickens slightly, gently stir in the blackberries and simmer, 2 to 3 minutes. Set aside.
- ☐ Put the ricotta in a separate bowl. Grate a little orange zest (about 1 teaspoon) over the ricotta, add a pinch of salt and stir to blend.
- ☐ Spread an even layer of the ricotta on the pizzas and place on the grill to warm them. Alternatively, bake for 3 to 5 minutes in oven. Warm the blackberry mixture. Note: if the blackberry liquid is thin, strain the blackberries out and reserve them. Reduce the liquid until thick and mix it back in with the blackberries. Top the pizzas with the fruit and serve immediately. Dust with additional powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:25.77, Inflammation Score:-10, Nutrition Score:46.809565411962%

Flavonoids

Cyanidin: 473.4mg, Cyanidin: 473.4mg, Cyanidin: 473.4mg, Cyanidin: 473.4mg Petunidin: 4.75mg, Petunidin: 4.75mg, Petunidin: 4.75mg, Petunidin: 4.75mg Delphinidin: 4.82mg, Delphinidin: 4.82mg, Delphinidin: 4.82mg, Delphinidin: 4.82mg Malvidin: 33.22mg, Malvidin: 33.22mg, Malvidin: 33.22mg, Malvidin: 33.22mg Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg Peonidin: 3.99mg, Peonidin: 3.99mg, Peonidin: 3.99mg, Peonidin: 3.99mg Catechin: 192.49mg, Catechin: 192.49mg, Catechin: 192.49mg, Catechin: 192.49mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 31.15mg, Epicatechin: 31.15mg, Epicatechin: 31.15mg, Epicatechin: 31.15mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epigallocatechin 3–gallate: 3.22mg, Epigallocatechin 3–gallate: 3.22mg, Epigallocatechin 3–gallate: 3.22mg, Epigallocatechin 3–gallate: 3.22mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 4.25mg, Naringenin: 4.25mg, Naringenin: 4.25mg, Naringenin: 4.25mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 4.18mg, Myricetin: 4.18mg, Myricetin: 4.18mg, Myricetin: 4.18mg Quercetin: 19.44mg, Quercetin: 19.44mg, Quercetin: 19.44mg, Quercetin: 19.44mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 925.72kcal (46.29%), Fat: 15.19g (23.37%), Saturated Fat: 7.07g (44.2%), Carbohydrates: 136.5g (45.5%), Net Carbohydrates: 94g (34.18%), Sugar: 44.31g (49.23%), Cholesterol: 53.39mg (17.8%), Sodium: 1548.23mg (67.31%), Alcohol: 25.44g (100%), Alcohol %: 2.91% (100%), Protein: 29.91g (59.82%), Manganese: 4.5mg (225.06%), Fiber: 42.5g (170.01%), Vitamin C: 109.67mg (132.93%), Vitamin K: 95.33µg (90.79%), Copper: 1.49mg (74.66%), Folate: 240.99µg (60.25%), Potassium: 2104.24mg (60.12%), Phosphorus: 593.77mg (59.38%), Magnesium: 236.66mg (59.17%), Zinc: 8.11mg (54.09%), Iron: 9.6mg (53.32%), Calcium: 454.74mg (45.47%), Vitamin E: 5.61mg (37.41%), Selenium: 26.13µg (37.33%), Vitamin A: 1305.9IU (26.12%), Vitamin B2: 0.44mg (26.06%), Vitamin B6: 0.51mg (25.49%), Vitamin B3: 5.08mg (25.38%), Vitamin B1: 0.28mg (18.88%), Vitamin B5: 1.84mg (18.36%), Vitamin B12: 0.21µg (3.51%)