



HEALTH SCORE

99%

Hawaiian Style Pizza



Very Healthy

READY IN



269 min.

SERVINGS



6

CALORIES



1722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 3 cups chicken stock see
- ☐ 0.3 cup cornmeal
- ☐ 2 pounds flour
- ☐ 3 ounces fontina shredded
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced

- ☐ 1.5 tablespoons liquid smoke
- ☐ 10 cabbage leaves green
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 ounce parmesan grated
- ☐ 5 pounds pork butt cut into thirds
- ☐ 0.3 cup onion red chopped
- ☐ 1 tablespoon roasted garlic chopped
- ☐ 0.5 ounce salt
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons scallions finely sliced
- ☐ 2.5 tablespoons sea salt
- ☐ 0.4 ounce sugar
- ☐ 4 vine ripened tomato peeled seeded chopped
- ☐ 16 ounces water
- ☐ 0.1 ounce yeast
- ☐ 2 tomatoes yellow ripe peeled seeded chopped

Equipment

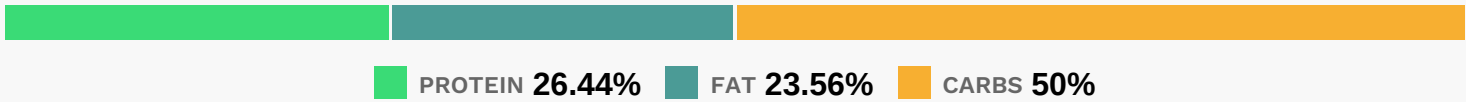
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place the yeast, sugar, and 1 cup of water in a mixing bowl and dissolve the yeast.

- ☐ Add the remaining ingredients except for the cornmeal and mix on slow speed with a dough hook until a ball is formed. Change the speed to medium and mix for an additional 1 to 2 minutes until a sooth and elastic dough is formed.
- ☐ Place the dough in a lightly oiled bowl or pan cover and allow the dough to rest for approximately 4 hours.
- ☐ To make the tomato sauce, place all of the ingredients in a mixing bowl, combine well and adjust the seasonings.
- ☐ Let the flavors combine for approximately 30 minutes or longer.
- ☐ To make the yellow tomato sauce, combine all of the ingredients into a blender and puree. Adjust the seasoning.
- ☐ Preheat oven to 350 degrees F. Rub the pork with the smoke flavoring and sea salt. Using a roasting pan, line the bottom with 1/2 of the leaves and place the pork butt on top.
- ☐ Add the chicken stock, being careful not to pour on top of the pork. Cover with the remaining leaves. Cover tightly with foil and roast for approximately 3 1/2 hours. Cook the pork to a minimum internal temperature of 165 degrees F. When done the pork should shred easily and be very moist.
- ☐ To make the pizza, press or roll out the dough to approximately 1/4-inch thick.
- ☐ Transfer the pizza to a pizza peel dusted with cornmeal.
- ☐ Add the yellow tomato sauce and spread evenly.
- ☐ Add the fontina cheese, shredded pork, tomato mixture, and finish with some grated Parmesan.
- ☐ Place pizza in a hot oven turning occasionally until crust is evenly browned and the bottom is golden in color.
- ☐ Remove from oven, slice, and serve.

Nutrition Facts



Properties

Glycemic Index:96.27, Glycemic Load:110.9, Inflammation Score:-10, Nutrition Score:81.933043604312%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 2.67mg, Apigenin: 2.67mg, Apigenin: 2.67mg, Apigenin: 2.67mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 1721.76kcal (86.09%), Fat: 45.96g (70.71%), Saturated Fat: 14.18g (88.62%), Carbohydrates: 219.51g (73.17%), Net Carbohydrates: 175.47g (63.81%), Sugar: 55.37g (61.52%), Cholesterol: 250.05mg (83.35%), Sodium: 5110.39mg (222.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.04g (232.09%), Vitamin K: 1181.67µg (1125.4%), Vitamin C: 568.25mg (688.78%), Vitamin B1: 4.39mg (292.69%), Folate: 966.9µg (241.73%), Selenium: 168.94µg (241.34%), Vitamin B6: 4.15mg (207.5%), Manganese: 3.75mg (187.27%), Vitamin B2: 3mg (176.73%), Fiber: 44.04g (176.16%), Vitamin B3: 31.92mg (159.61%), Phosphorus: 1479.76mg (147.98%), Potassium: 4411.24mg (126.04%), Zinc: 17.75mg (118.31%), Iron: 19.74mg (109.67%), Vitamin B5: 10.1mg (100.98%), Calcium: 842.32mg (84.23%), Magnesium: 327.18mg (81.79%), Vitamin B12: 3.73µg (62.25%), Copper: 1.06mg (53.02%), Vitamin A: 2430.1IU (48.6%), Vitamin E: 5.81mg (38.73%), Vitamin D: 2.38µg (15.84%)